



balance

WELLNESS BY ANANTARA



WELLNESS CONCEPT

At Anantara, we care about your wellness. Our expert team has designed a new range of signature wellness journeys, using a holistic approach, focusing on stress management, weight management and emotional balance.

Our signature wellness journeys have combined the wisdom of East and West to bring you the best results to achieve your wellness goals.



“WE EMPOWER PEOPLE TO LIVE FULLY EXPRESSED,
HEALTHY LIVES”

WELLNESS CONSULTATION AND GUIDANCE

Your journey begins with a personalised lifestyle consultation with our expert advisor. A key part of the Ayurvedic treatment consultation process is to establish which of the three 'doshas' – Vata, Kapha or Pitta – is the most dominant. Establishing which of these three energies determine your physiological and personality traits will enable your advisor to recommend lifestyle and nutrition tips to help you achieve optimal health.

We will provide you with dynamic wellness coaching along the way, building your awareness and knowledge, inspiring great intentions and eliminating barriers. We empower people to live fully expressed, healthy lives.

How Does it Work?

Your consultation will be booked in advance through our Spa reception by phone or email. During your wellness consultation sessions you and your wellness coach will:

- Discuss wellness goals and current health and lifestyle status
- Assess your readiness for change
- Create and work on short and long-term goals
- Identify barriers and problem solving strategies

Follow-up communication, while you work toward your goals, can be conducted by email, phone or in person, at intervals agreed between you and your wellness advisor.

Treatments can be taken between 10.00 am and 10.00 pm





TREATMENTS OVERVIEW

Turkish Hammam Ritual

A treatment that combines tradition and modernity, and a top-to-toe indulgence that will leave your skin clean and rejuvenated.

Body & Mind Rejuvenating Experience

This therapy coordinates and calms mind, body and spirit, enhances circulation to the brain, improves memory, nourishes hair and scalp, while releasing stress and tension.

Shrinking Violet

Revolutionary 90-minute body treatment with instant inch loss results, leaving the skin softer, smoother and detoxified. Unlike other wraps that use dehydration and water loss to obtain results, Shrinking Violet is clinically proven to work by Lipolysis.

Cool Shaping

Cooling technology, Cool-Shaping, is able to reduce the thickness of underlying fat tissue by extracting energy from fat cells causing their elimination from the body.

Lipocell Sculpt

This ultra effective treatment reduces volume, even in stubborn areas. An intense exfoliation improves microcirculation and stimulates metabolism, reducing cellulite, and a sculpting massage leaves you with a beautifully contoured figure and skin that is toned, hydrated and supple.

Warm Stretching Session

Using a specific technique, known as 'passive yoga', our expert therapists will alleviate stress and strains, allowing you to enjoy a wealth of stretching, flexibility, performed in the warm Hammam for even deeper relaxation.

Aching Muscle Treatment

A classic massage using herbs to tackle joint pain, muscle cramps, stress and arthritis.

Total Body Ritual Therapy

Using specific warm herbal oils for head and body according to body type, this is a relaxing massage with long strokes that awaken certain energies to achieve overall health and balance.

Bespoke Facial

A customised facial based on your skin type, which will soothe and rejuvenate and leave skin soft, smooth and wonderfully revitalised.

Microsilks

Microsilks technology uses special bath shells with microbubbles to enhance overall skin cleaning, oxygenating, exfoliating and hydrating the skin.

PACKAGES

De-Stress & Unwind Journey

This Journey is designed for individuals in need of the time and place to step back from their hectic lives to recover balance, relax, renew their energy and replenish their spirits. Experience a range of therapies drawn from diverse healing traditions and a variety of holistic activities to de-stress and replenish depleted energy levels and boost the immune system.

WELLNESS JOURNEY

NUMBER OF SESSIONS

	Minutes	2 weeks	4 weeks	6 weeks
<i>Wellness Consultation</i>		1	2	2
<i>Traditional Turkish Hammam</i>	60	1	1	1
<i>Body & Mind Rejuvenating Experience</i>	60	1	2	2
<i>Warm Stretching Session</i>	60	0	1	1
<i>Aching Muscle Treatment</i>	60	1	1	2
<i>Total Body Ritual Therapy</i>	60	-	1	3
<i>Bespoke Facial</i>	60	1	2	3
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<i>Total Package Duration in Hours</i>		4	8	12
<i>Lunch or Dinner at Crescendo</i>		2	4	6
<i>Beach & Pool Access</i>		2	4	6
<i>Price</i>		2,299	4,499	6,499
<i>Package Validity</i>		2 Weeks	4 Weeks	6 Weeks







Shape Up & Lose Inches Journey

Through a variety of specially selected treatments designed to activate cells' metabolism, break down cellulite and firm and condition skin, this package, complemented by nutrition tips from wellness advisor, is the perfect solution for individuals wanting an overall slimmer and more sculpted body.

WELLNESS JOURNEY	Minutes	NUMBER OF SESSIONS		
		6 weeks	8 weeks	10 weeks
<i>Wellness Consultation</i>		2	2	2
<i>Traditional Turkish Hammam</i>	60	1	1	1
<i>Shrinking Violet</i>	90	2	3	4
<i>Cool Shaping</i>	90	2	3	4
<i>Lipocell Sculpt</i>	60	2	3	3
<i>Warm Stretching Session</i>	60	1	1	1
<i>Bespoke Facial</i>	60	2	2	3
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<i>Total Package Duration in Hours</i>		12	16	20
<i>Lunch or Dinner at Crescendo</i>		6	8	10
<i>Beach & Pool Access</i>		6	8	10
<i>Price</i>		6,999	7,999	8,999
<i>Package Validity</i>		6 Weeks	8 Weeks	10 Weeks

Emotional Balance Journey for Couples

Take time to connect at a different level in the most romantic ambience. Anantara's nurturing 2, 4, and 6 week Couples Wellness Journeys include spa experiences in your very own couple's spa suite to awaken positive emotions and provide the ultimate in relaxation.

WELLNESS JOURNEY	Minutes	NUMBER OF SESSIONS		
		2 weeks	4 weeks	6 weeks
<i>Wellness Consultation</i>		2	4	4
<i>Traditional Turkish Hammam Ritual</i>	60	2	4	4
<i>Body & Mind Rejuvenating Experience</i>	60	2	4	4
<i>Aching Muscle Treatment</i>	60	0	2	6
<i>Warm Stretching Session</i>	60	0	2	2
<i>Total Body Ritual Therapy</i>	60	2	2	4
<i>Bespoke Facial</i>	60	2	2	4
<i>Microsilk</i>	30	2	4	6
<i>Complimentary Romantic Welcome, including healthy fused fruits and 2 glasses of sparkling wine</i>		2	4	6
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<i>Total Package Duration in Hours</i>		9	18	27
<i>Lunch or Dinner at Crescendo</i>		4	8	12
<i>Beach & Pool Access</i>		4	8	12
<i>Price</i>		4,999	9,199	12,999
<i>Package Validity</i>		2 Weeks	4 Weeks	6 Weeks

All session numbers are per couple, meaning the total number of sessions will be divided between 2 persons. All prices are per couple and include all of the above.



ETIQUETTE

- Please arrive 15 minutes prior to your consultation, treatment or movement session in order to take time to relax in our tranquil surroundings
- We have a wonderful selection of refreshing teas, which can be prepared for you to enjoy after your experience
- Please note that the spa is unsuitable for babies as we try to ensure that all our guests benefit from the tranquil surroundings
- Please give five hours' cancellation notice on individual treatments
- We recommend that you do not sunbathe after aromatherapy treatments
- For men, please shave prior to all facial treatments to ensure that maximum results are achieved
- Smoking and the use of mobile phones is not permitted in the spa
- Arriving late will decrease the time of your treatment
- Guests with high blood pressure, heart conditions, allergies, who are pregnant, or have any other medical complications, are advised to consult a doctor before undergoing any treatments
- Please notify the spa receptionists of any existing medical conditions

TERMS AND CONDITIONS

- These packages are not valid in conjunction with other promotions and discounts
- Each package should be redeemed within the validity period of the package
- The guest is entitled to utilise beach and pool access as per the number of visits mentioned in the package
- The guest is entitled to utilise lunch or dinner at Crescendo as per the number of visits mentioned in the package
- Pool and beach access should be utilised on the same day as the spa visit
- Lunch or dinner at Crescendo should be consumed on the same day as the spa visit
- Only juices and water are complimentary with lunch or dinner at Crescendo
- Friday brunch is not included
- Pool and beach access, lunch or dinner at Crescendo may not be transferred to another person
- Prior booking for spa treatments is required
- Bookings are subject to availability
- Prices are inclusive of taxes and service charges



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