



# ANANTARA

## SPA

SIGNATURE EXPERIENCES	MIN	USD
Chakra Balancing Therapy	60	135
Himalayan Thermal Therapy	90	155
Kalutara Spice Journey	90	165
Kalutara King Coconut Delight	120	235
Anantara Kalutara Tea Journey	180	290

JOURNEYS FOR TWO	MIN	USD
Side By Side	90	280
Couples Retreat	120	440
Sri Lankan Romance	180	550
In-Room Slumber Guru Experience	45	220

MASSAGES	MIN	USD
Anantara Signature Massage	90	155
Stress Release Massage	60 / 90	120 / 145
Deep Muscle Massage	60 / 90	130 / 155
Aroma Hotstone Massage	60 / 90	130 / 155
Traditional Thai Massage	60 / 90	130 / 155
Peaceful Pregnancy Massage	60	135
Foot Reflexology	60	100
Back Massage	30	80

FACIALS	MIN	USD
Hydra Advance Facial	60	140
Deep Cleansing Facial	60	140
Skin Brightening Facial	60	145
Age Defying Facial	75	165

BODY TREATMENT	MIN	USD
Body Scrub	30	80
Body Wrap	30	80

NAIL TREATMENT	MIN	USD
Spa Manicure	45	70
Spa Pedicure	60	90
Nail Cut & File	15	20
Nail Polish	15	20

AYURVEDIC WELLNESS EXPERIENCES		USD
Pinda Sweda	90	155
Abhyanga	60	130
Shirodhara	60	145
Udwarthanam	30	80

AYURVEDA WELLNESS PACKAGES		USD
Swastha Sanrakshana	3 Days	715
Swastha Sthapana	5 Days	1100
Swastha Wardhana	7 Days	1540

ACUPUNCTURE	MIN	USD
1 Sessions	30	35
3 Sessions	3 * 30	90
5 Sessions	5 * 30	145

MULTI - GENERATIONAL WELLNESS EXPERIENCES	MIN	USD
Mom & Me Time Out	60	185
Dad & Me Time Out	60	185
Family Time Out	60	285
Coconut Hot Oil Scalp Massage	30	60
Body Soft Touch	30	50
Pretty Hands and Feet	40	35

Prices are in US Dollars and are net, inclusive of applicable taxes.

Prices are subject to change without notice.

Advanced reservations are highly recommended.

If in-house, dial ext. 6500 for inquiries or reservations.

## SPA ETIQUETTE

- Please arrive at reception 15 minutes prior to your appointment to fill in your wellbeing assessment form. We regret that late arrivals will not receive an extension of treatment time.
- All treatments will be charged to your room and will appear on your account summary upon check-out.
- Please give us four hours' cancellation notice on individual treatments, and 24 hours' notice on spa packages. Without this notification, 50% of the total price will be charged to your account.
- We recommend that all your valuables and personal belongings be locked in the safety box provided in your room.
- For gentlemen, shaving is recommended prior to any facial treatments to ensure that maximum results are achieved.
- Guests who are pregnant or suffering from high blood pressure, heart conditions, allergies or any other medical complications are advised to consult a doctor before reserving any treatments. Please notify our spa receptionist if you have any existing medical conditions.
- We recommend that you refrain from sunbathing after an aromatherapy treatment.
- Anantara Spa is unsuitable for young children unless receiving spa treatments. Please note that children under the age of 16 undergoing treatments must be accompanied by a parent or guardian.
- Anantara Spa is a non-smoking facility and the use of mobile phones is not permitted. Our spa is also WiFi free as we encourage disconnecting from technology to rest your mind and to reconnect with yourself.
- Advanced reservations are highly recommended to avoid disappointment. Please dial 6500 for inquiries or reservations. You may also call Anantara Kalutara Resort at +94 34 222 022 or email [spa.akal@anantara.com](mailto:spa.akal@anantara.com) for advanced reservations.