



JOURNEYS INTO
WELLBEING AND SERENITY

SPA MENU





WELCOME TO ANANTARA SPA

Honouring Anantara's roots in Thailand and its Sanskrit meaning 'without end', Anantara Spa Rasananda captures Koh Phangan's timeless beauty and embraces some of the world's oldest wellness cultures.

Let the relaxed rhythm of island life soothe your senses. Renew your natural balance with ancient holistic traditions and exotic beauty secrets from Thailand and across Asia. Experience how Anantara Spa's award-winning expertise elevates pampering and lavishes personal attention.

Seclude away in teak wood suites, hidden in lush jungle gardens that echo Koh Phangan's wild nature. Sea views inspire serenity, while skilled hands heal and pamper. Soak up refreshing experiences surrounded by bountiful nature, indulging in our traditional outdoor herbal bath, a tropical al fresco shower and the revitalising Thai herbal steam cave.

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

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

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.

RASANANDA ISLAND BLISS

(105 Minutes)

Soothing, exotic and indulgent, this distinctive treatment pampers and heals after a day in paradise. A full body massage relaxes muscles, melts away tension, revives energy and boosts the circulation, while a special floral oil blend nourishes skin and calms the senses. Cooling aloe vera gel and a compress of cold black tea and mint calm sun-kissed skin, helping to nurture a healthy glow.

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

ANANTARA SIGNATURE MASSAGE

(90 Minutes)

Revered eastern and western massage techniques, combined with a signature oil blend, stimulate the circulation, promote deep relaxation and restore energy flow for supreme wellbeing.

BESPOKE SPA EXPERIENCE

(90 Minutes)

Indulge in an exclusive spa journey, designed specifically for your needs and mood. Highlight the areas you wish to focus on or the benefits you would like to receive. Let us tailor the perfect 90 minute treatment, with a choice of luxurious spa products.



SPA JOURNEYS

Escape the limits of space and time with these carefully crafted journeys. Indulge in unique destination-inspired therapies and exclusive rituals, all created with your supreme wellbeing in mind.

JOURNEY OF SIAM

(200 Minutes)

Experience a sequence of revered Thai wellness traditions. Remedial herb-infused steam relaxes the body and opens pores, in preparation for a healing and moisturising coconut polish. Energising massage techniques stretch and reinvigorate the body, enhancing energy flow and overall wellbeing. Floral Foot Ritual • Shower • Thai Herbal Steam • Shower • Essence White Coconut Scrub Shower • Traditional Thai Massage • Refreshment

BALANCE WELLNESS

HOLISTIC RETREAT

Blossom into wellness with a well-rounded package of holistic exercise, therapeutic spa treatments and whole-some cuisine. Yoga stretches the body and frees your mind. Thai herbal treatments heal and restore tranquillity. Creative, healthy flavours nourish vitality.

- Private Yoga (90 Minutes)
- Thai Herbal Steam (30 Minutes)
- Thai Herbal Compress Massage (60 Minutes)
- Spa Cuisine Lunch
- Raw Juice



WELLNESS PROGRAMMES

ONE-DAY ESSENTIAL WELLNESS PROGRAMME

A soul-soothing wellness break to help you switch off, the programme starts in a Thai herbal steam room for enhanced relaxation and natural energy stimulation. The exquisitely-scented body polish and body wrap derived from detoxifying green tea will nourish and calm the skin, while a relaxing massage with warm coconut oil will increase circulation and calm the nervous system. Post-treatments, enjoy a low-calorie, nutrient-rich lunch, with detox juices.

- 30-minute Thai herbal steam
- 30-minute detoxifying green tea body scrub
- 30-minute detoxifying green tea body wrap
- 60-minute warm coconut oil massage
- 30-minute foot massage
- Healthy lunch
- Refreshments of detox juices.

THREE-DAY ESSENTIAL WELLNESS PROGRAMME

Give your body and mind time to heal with an extended wellness experience drawing on Eastern healing principles that date back thousands of years. Designed to help you better deal with stresses and demands of daily life, this comprehensive three-day programme invites you to rediscover serenity through natural wisdom while enjoying a blissful holiday.

Day 1

- 30-minute Thai herbal steam
- 30-minute detoxifying green tea body scrub
- 60-minute aroma well-being massage
- Hot ginger tea and dried fruits.

Day 2

- 30-minute Thai herbal steam
- 90-minute traditional Thai massage
- 30-minute foot massage
- 1 healthy raw juice.

Day 3

- 30-minute milky bath
- 90-minute Anantara signature massage
- 60-minute Anantara facial treatment
- 1 raw juice and a healthy lunch.



FIVE-DAY ESSENTIAL WELLNESS PROGRAMME

Emerge feeling purified, nourished, relaxed and in tune with yourself as our specialists in Thai and Ayurvedic treatments address your concerns with a combination of carefully selected healing practices designed to eradicate energy blockage and toxin build-up that occurs through the course of everyday life. Unwind with pampering milky baths, body wraps and facials for a glowing, well-rested look.

Day 1

- 30-minute Thai herbal steam
- 30-minute detoxifying green tea body scrub
- 60-minute aroma well-being massage
- Hot ginger tea and dried fruits.

Day 2

- 30-minute Thai herbal steam
- 90-minute traditional Thai massage
- 30-minute foot massage
- 1 healthy raw juice.

Day 3

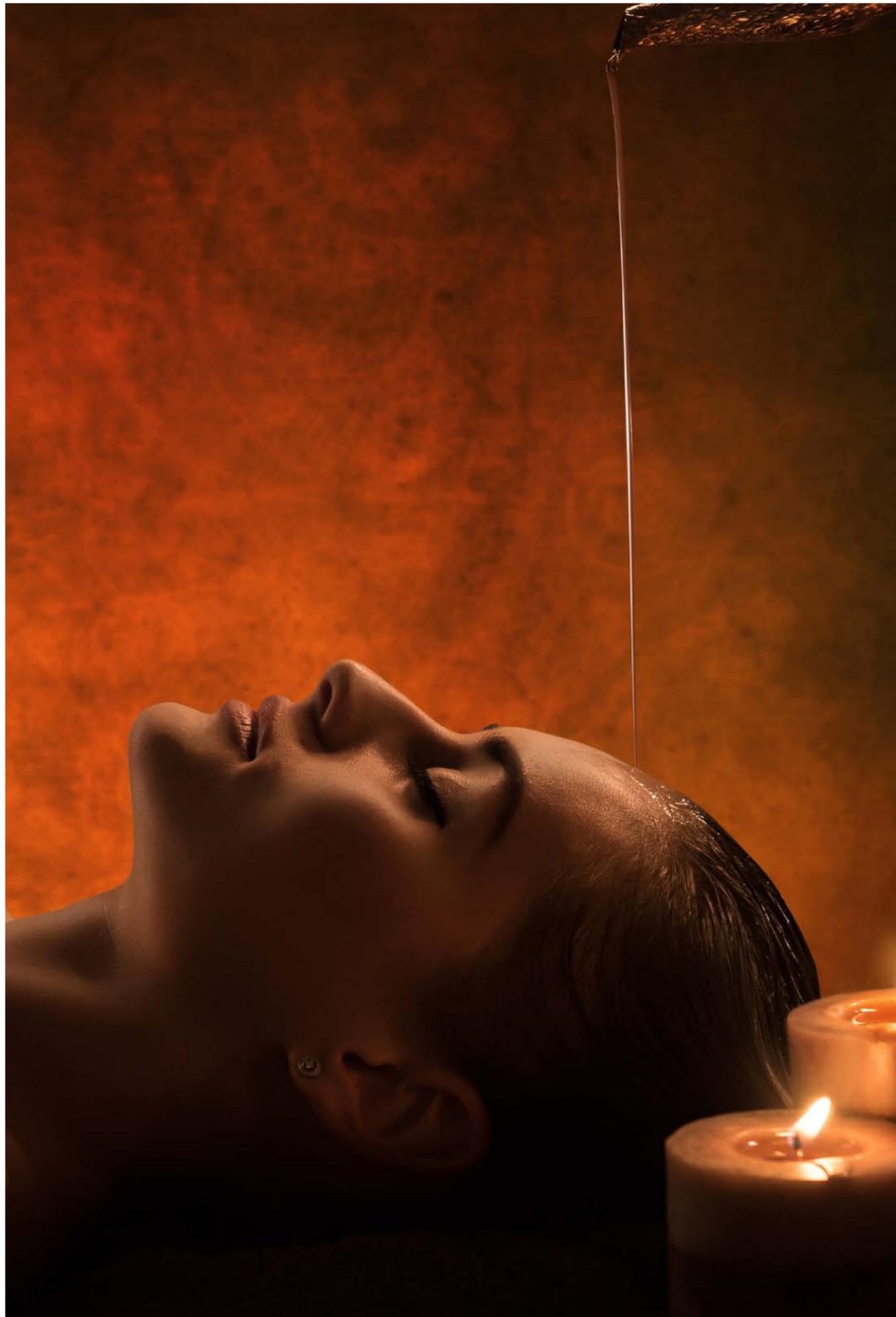
- 30-minute coconut body scrub
- 30-minute coconut body wrap
- 90-minute Thai herbal compress
- 1 healthy raw juice.

Day 4

- 30-minute foot massage
- 60-minute hot coconut oil massage
- 30-minute Shiroabyanga massage
- 1 healthy raw juice and lunch.

Day 5

- 30-minute milky bath
- 90-minute Anantara signature massage
- 60-minute Anantara facial treatment
- 1 healthy raw juice and lunch.



AYURVEDIC TREATMENTS

A holistic health approach that originated in India thousands of years ago, Ayurveda focuses on restoring balance in the body through a combination of massage, specialised diets, herbs, aromatherapy and exercise.

SHIROABHYANGA MASSAGE

The most popular Ayurvedic Indian head massage for stress relief, this soothing and energising treatment combines pressure point techniques and nourishing coconut oil to relieve tension in the head and neck, whilst also helping to alleviate insomnia, chronic headaches, migraines and sinusitis. In addition to the treatment's therapeutic benefits, Shiroabhyanga also promotes rejuvenation of the body and mind.

SHIRODHARA MASSAGE

Calm the nervous system and soothe the mind with a traditional head and scalp treatment in which a therapist steadily pours warm herbal oil on the forehead before allowing it to flow over the scalp, nourishing the hair, and concluding with a deeply relaxing head and scalp massage. Shirodhara is recommended to anyone suffering from insomnia, headaches, mental exhaustion or burnout.

AYURVEDIC STRESS RELEASE RITUAL

Boost your body's resistance to daily stressors with a soothing and energising Indian head massage using pressure point techniques alongside a traditional healing practise that involves continuously dripping aromatic warm oil onto your forehead. You will also be gently put through your paces with relaxing rituals and a full-body massage, leaving you calm and centred.

- Floral foot ritual
- 60-minute hot oil aromatherapy massage
- 30-minute Shirodhara and Shiroabhyanga sequence
- 30-minute relaxing foot massage
- Hot ginger tea and dried fruits.



CANNABIS-BASED TREATMENTS

The cannabis plant has been utilised in traditional medicines from around the world for centuries. The benefits are many, from calming the mind to soothing the body with its anti-inflammatory, antioxidant and deeply relaxing properties.

RESTFUL SLUMBER JOURNEY

Soak in a footbath filled with cannabis salts and melt your stress away with a full-body massage using cannabis-lavender oil or cannabis-rice milk to improve skin elasticity and moisture retention. Finish the treatment with a CBD-rich cannabis tea to relax the mind and body, ridding you of anxious thoughts and preparing you for a night of deep and restful sleep. Perfect for jet-lagged travellers.

Cannabis Foot Ritual – Cannabis Body Massage – Cannabis & Floral Tea

CANNABIS STRESS-RELEASE JOURNEY

Reverse the effects of office syndrome and soothe back and neck pain with a treatment drawing on the anti-inflammatory powers of cannabis and healing effects of traditional Thai herbal compress ball, Luk Pra Kob, to induce deep relaxation, melt away deep-seated tension along the spine, improve postural alignment and blood circulation.

Cannabis Foot Ritual – Cannabis Herbal Compress Massage – Cannabis & Floral Tea

HEAD-TO-TOE CALMING JOURNEY

Unwind after a stressful or physically demanding day with a calming three-step experience including a cannabis foot soak ritual, a blissful scalp massage with cannabis-infused coconut oil to release tension and restore the body's natural balance, and a nourishing foot massage to relieve deeper pains and repair damaged skin.

Cannabis Foot Ritual – Scalp Massage – Cannabis Foot Massage – Cannabis & Floral Tea

MASSAGES

AROMA STONE MASSAGE

(90 Minutes)

This indulgent massage harnesses the penetrating warmth of pure essential oils, smoothed over the body using natural, heated volcanic stones to release stored tension.

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 a wealth of benefits. Experience how pressure point and stretching techniques release tension, increase flexibility and boost vitality.

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.

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.



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 wonderful stress release tonic to completely relax the mind and body.

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 stimulate corresponding organs in the upper body.



BODY TREATMENTS

BODY SCRUBS

ESSENCE WHITE COCONUT SCRUB
(60 Minutes)

Rich in vitamins and antioxidants, this exotic scrub gently sweeps away dead cells, smoothes and strengthens new skin. Moisturising, healing and protecting, skin is flawless and gloriously fragranced.

DETOXIFYING GREEN TEA SCRUB
(60 Minutes)

Purify, nourish and refresh skin with the therapeutic properties of a soothing green tea polish.

BODY WRAPS

ESSENCE WHITE COCONUT WRAP
(60 Minutes)

Lavish your body with coconut's revered healing and hydrating abilities. Indulgently rich and gloriously fragranced, this wrap rejuvenates and moisturises skin to be supple and exquisitely soft.

DETOXIFYING GREEN TEA WRAP
(60 Minutes)

Relax in a calming cocoon of gently cleansing and hydrating green tea. Emerge pure and beautifully refreshed.

ALOE AFTER - SUN SOOTHER
(60 Minutes)

A wonderful tonic after time in the sun. Fresh aloe vera gel cools and calms. A poultice of cold black tea and mint decreases redness and pain. Skin feels instantly comforted and soothed.

FACIAL TREATMENTS

ANANTARA SIGNATURE FACIAL (60 Minutes)

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to treat and revitalise your skin. Delicate blends of jasmine oil, white orchid extract, green tea, pandan leaf and pink lotus encourage cell renewal and oxygenation. A gentle massage induces relaxation and a herbal mask restores skin's natural balance.

FACE: TOUCH ANTI-AGEING

ELEMIS PRO-COLLAGEN AGE DEFY (60 Minutes)

Treat fine lines and wrinkles with the age-defying benefits of marine charged padina pavonica and red coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

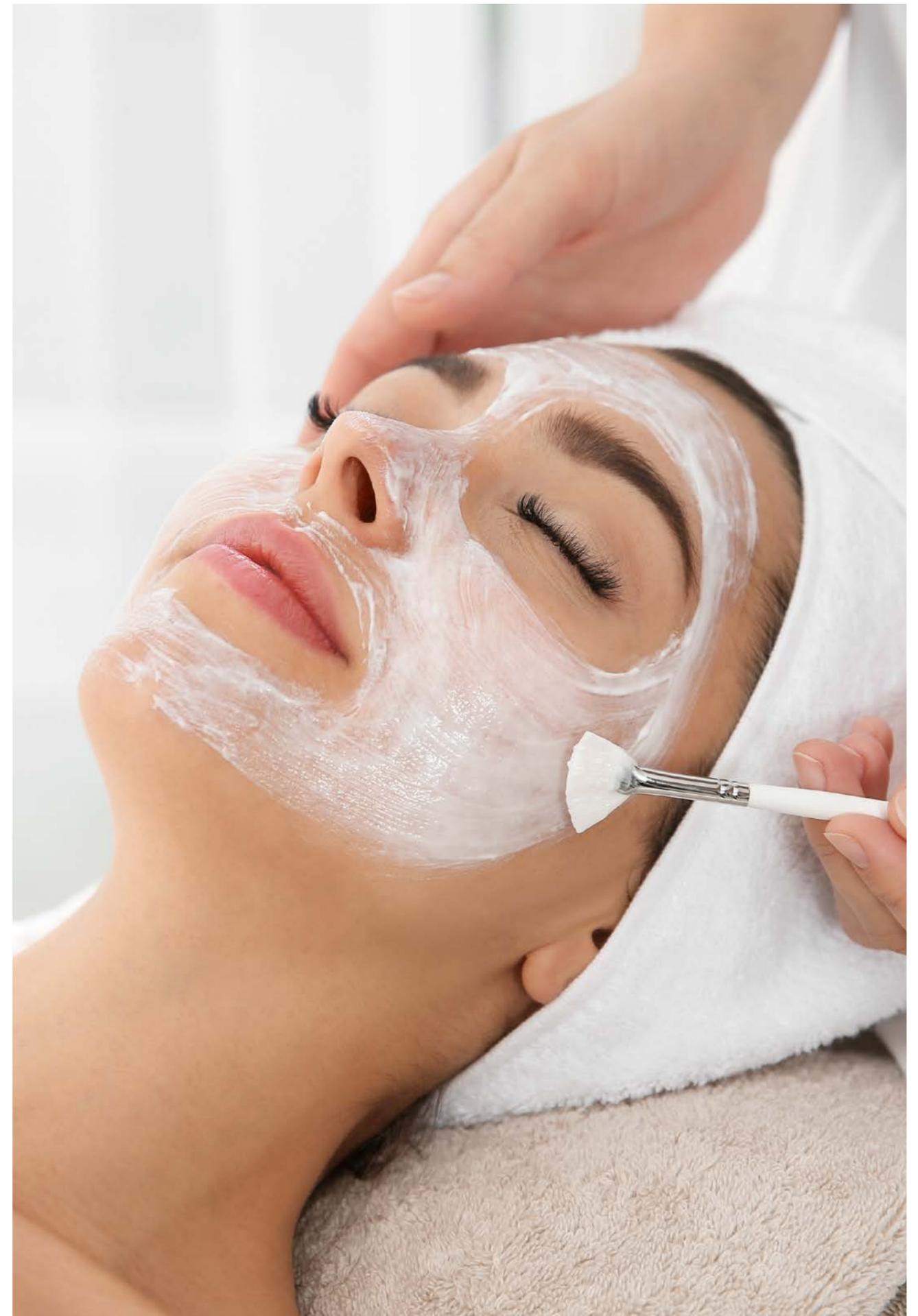
ELEMIS SUPERFOOD PRO- RADIANCE (60 Minutes)

Stressed or dull skin is revived by energising and detoxifying actives. Experience how a nutritional boost, rich in superfoods and essential minerals, leaves skin plumper and glowing with radiance.

MEN: TOUCH

ELEMIS HIGH PERFORMANCE SKIN ENERGISER (60 Minutes)

This hard-working facial for ageing, dehydrated skin and tired eyes maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massages deeply relax.



STEAM & BATH RITUALS

THAI HERBAL STEAM (30 Minutes)

Inspired by the healing properties of Thai herbs, this therapeutic steam stimulates the circulatory systems, opens pores, relaxes muscles and quiets the mind. Enjoy this refreshing ritual as a prelude to any of our spa treatments.

ANANTARA MILKY BATH COLLECTION (30 Minutes)

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

JUST FOR LITTLE ONES

Let our expert, caring touch soothe busy young minds and wind down energy levels. Choose from a range of special spa treatments, designed to pamper and delight our younger guests.

- Body Soft Touch (30 Minutes)
- Relaxing Foot Massage (30 Minutes)
- Coconut Hot Oil Scalp Massage (30 Minutes)

We recommend that children are accompanied by parents. Customised spa experiences available for children aged 6 years and under.

For children aged 7 - 13 years, special children's prices apply. For youngsters aged 14 years and above, adult prices apply.

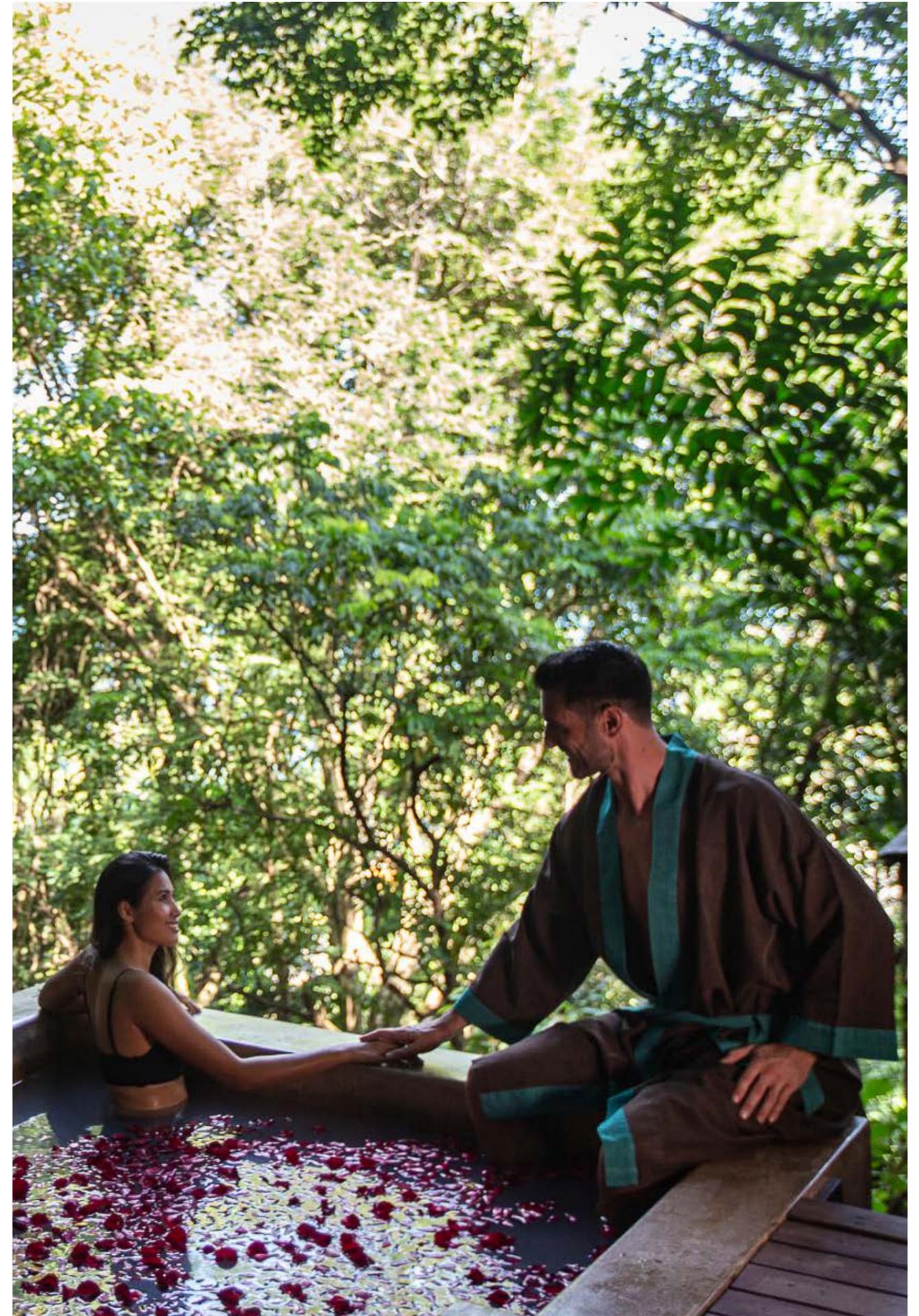


SPA ETIQUETTE

- Please arrive 15 minutes prior to your treatment in order to complete the health assessment form and take time to relax in our tranquil spa setting.
- Please note that the spa is unsuitable for small children and babies, unless receiving treatment, as we try to ensure that all guests benefit from the tranquil surroundings.
- We recommend that you leave all jewelry in your suite or villa before coming to the spa.
- All treatments will be charged to your suite or villa, 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.
- 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.
- 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 booking treatments.
- Please notify the spa receptionist of any existing medical conditions.
- Advanced booking is highly recommended to ensure availability.
- If you are late for your scheduled appointment, we will accommodate you to the best of our ability, but your treatment may be shortened or rescheduled.

All prices are in Thai Baht and subject to a 10% service charge and applicable government tax. Prices are subject to change without prior notice.

Anantara Spa is open from 10.00 am - 8.00 pm.
Spa treatments between 8.00 pm and 10.00 pm are available with advance reservation.
For reservations, please contact Anantara Spa.



TREATMENT PRICE LIST

	Time (minutes)	Price (THB)
SIGNATURE EXPERIENCES		
Rasananda Island Bliss	105	5,500
Anantara Signature Massage	60/90	4,200/4,900
Bespoke Spa Experience	90	4,900
SPA JOURNEYS		
Journey of Siam	200	7,000
BALANCE WELLNESS		
Holistic Retreat	180	6,500
Wellness Programme		
<i>One-Day</i> Essential Wellness Programme		8,900/17,000
<i>Three-Day</i> Essential Wellness Programme		19,900/38,000
<i>Five-Day</i> Essential Wellness Programme		29,900/56,000
Shiroabhyanga Massage	60/90	3,900/4,500
Shiroadhara Massage	60	4,200
Ayurvedic Stress Release	120	6,500
CANNABIS INFUSED TREATMENTS		
Restful Slumber Journey	60/90	3,900/4,500
Cannabis Stress-Release Journey	90	4,900
Head-to-Toe Calming	60/90	3,500/4,000
MASSAGES		
Aroma Stone Massage	90	5,500
Traditional Thai Massage	60/90	3,500/3,900
Thai Herbal Compress Massage	90	4,500
Deep Tissue Massage	60/90	3,800/4,300
Stress Release Massage	60/90	3,700/4,200
Foot Massage	60	3,000

Prices are subject to a 10% service charge and applicable government tax.



TREATMENT PRICE LIST

	Time (minutes)	Price (THB)
BODY TREATMENTS		
Body Scrubs		
Essence White Coconut Scrub	60	3,000
Detoxifying Green Tea Scrub	60	3,000
Body Wraps		
Essence White Coconut Wrap	60	3,000
Detoxifying Green Tea Wrap	60	3,000
Aloe After-Sun Soother	60	3,500
FACIAL TREATMENTS		
Anantara Signature Facial	60	3,900
Face: Touch		
ELEMIS Pro-Collagen Age Defy	60	4,900
ELEMIS Superfood Pro-Radiance	60	4,200
ELEMIS High Performance Skin Energizer for Men	60	4,200
STEAM&BATH RITUALS		
Thai Herbal Steam	30	1,200
Anantara Milky Bath	30	2,500
JUST FOR LITTLE ONE		
Body Soft Touch	60	3,000
Relaxing Foot Massage	60	3,000
Coconut Hot Oil Scalp Massage	60	3,000

Prices are subject to a 10% service charge and applicable government tax.

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