



A LUXURIOUS SPA SANCTUARY
IN THE HEART OF BANGKOK



ANANTARA SPA

A luxurious spa sanctuary in the heart of Bangkok

Rooted in Thailand, the essence of Anantara's philosophy, 'without end', has ancient Sanskrit origins, and our renowned spa encapsulates this ethos by paying tribute to Bangkok's rich heritage and multicultural vibrancy.

In an opulent escape from the capital's hustle and bustle, exotic aromas soothe the senses, exquisite Thai design celebrates tradition, and our exclusive service lavishes you with personal attention.

Hide away in a luxury treatment suite and let expert intuitive hands unwind you with Thailand's exotic wellness traditions, trusted ancient therapies from across Asia and advanced western spa wisdom. Indulge in special packages of carefully crafted treatment journeys for optimal wellbeing, or book one of our heavenly massages to enjoy by the pool or in the privacy of your room.

At Anantara Spa, the most meaningful journeys are felt, not told...

Opening hours: 10.00 am – 10.00 pm

Spa treatments between 10.00 pm and 12.00 midnight are available with advanced reservations.

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 blends luxurious unwinding with powerful, long-lasting benefits for body, mind and soul.

THE SOUL OF SIAM

(90 minutes)

THB 5,000

Inspired by ancient Siam's diverse cultural heritage, this unique massage incorporates healing traditions from Thailand, Myanmar, Laos and China.

A bamboo stick massage stimulates the circulation, while stretching and pressure point techniques enhance flexibility and energy flow. A herbal compress in a fabric of healing indigo is followed by a herbal oil massage and foot reflexology.

This signature experience concludes with a mindfulness ritual where gold leaf patches are placed on the wrist area of the left arm and the left side of the chest to encourage a quiet mind.

ANANTARA SIGNATURE MASSAGE

(90 minutes)

THB 4,500

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

BESPOKE SPA EXPERIENCE

(90 minutes)

THB 4,500

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 for you.





SPA JOURNEYS

Carefully crafted to bring you a luxurious selection of extended experiences, these special journeys are designed to help you escape the limits of space and time. Indulge in unique destination-inspired therapies and exclusive rituals, all created with your supreme wellbeing in mind.

HIMALAYAN THERMAL THERAPY

(90 minutes)

THB 5,500

Harnessing the ancient energy of the Himalayan Mountains we use artisan, hand-carved Himalayan salt stones to dissolve all your mental and physical tension. These ethically sourced stones reintroduce 84 minerals and trace elements to the body to induce the ultimate state of equilibrium while encouraging the body's natural detoxification.

As you transcend into a state of total relaxation, a facial massage using iced Rose Quartz Gua Sha crystals shall relieve muscle tension, stimulate circulation and leave your skin with an eternal glow. This full body ritual is crowned with a deeply rejuvenating head massage focusing on Marma points which destress the nervous system and refresh the mind.

TIBETAN HEALING THERAPAY

(90 minutes)

THB 4,500

Anantara Spa introduces an ancient therapy passed down through the centuries in the canons of Tibetan medicine. A full-body massage with warm oil stimulates the pressure points, releasing tension and energy, while herbal poultices are kneaded over the body and hot stones placed along the spine.

Let go of all worldly distractions and heal body and mind.



THE NATURAL HEALING POWERS OF CANNABIS

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 soothing properties. Journey with Anantara Spa and explore a whole new world of healing.

- **Restful Slumber Journey (90 Minutes)**

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

- **Head-To-Toe Calming Journey (90 Minutes)**

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

- **Cannabis Stress-Release Journey (90 Minutes)**

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

DREAM SERENITY

(90 minutes)

THB 4,200

Enjoy a well-deserved deep sleep following this restful treatment journey. Starting with an indulgent warm foot soak, your sojourn continues with a calming and soothing massage, finishing with sleep-enhancing pillow mist.

Warm Foot Soak with Lavender-scented Salt – Sleep Well Massage – Sleeping Pillow Mist

ROMANTIC GETAWAY – COUPLES

(3.5 hours)

THB 19,000

Unwind in harmony with your loved one, enjoying indulgent treatments side by side. Simply select any of our romantic rituals and discover untold intimacy together. Floral Foot Bath – Aromatic Steam (15 minutes) – Coconut Body Scrub (45 minutes) – Aromatic Floral Bath (30 minutes) – Aromatic Massage (60 minutes) – Bright and White Facial (60 minutes)

THAI HERBAL REVIVAL

(120 minutes)

THB 5,000

Experience the natural healing properties of exotic Thai herbs and techniques that have been passed down through the generations, still highly treasured for good reason.

Thai Herbal Steam (30 minutes) – Thai Herbal Compress Massage (90 minutes)

MASSAGES

DEEP TISSUE MASSAGE

(90 minutes)

THB 4,500

Unwind with 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.

STRESS RELEASE MASSAGE

(60 minutes / 90 minutes)

THB 3,500 / THB 4,200

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.

THAI HERBAL COMPRESS MASSAGE

(90 minutes)

THB 4,500

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.

TRADITIONAL THAI MASSAGE

(60 minutes / 90 minutes)

THB 3,000 / THB 3,900

Passed down through generations, this unique and exotic technique is known to many as 'passive yoga', as it offers the ultimate body workout, without any effort. 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.

AROMA STONE MASSAGE

(90 minutes)

THB 5,000

Experience the deep penetrating heat and healing power of warm volcanic stones in a full body massage using traditional techniques to release muscular tension and balance the spirit. Small stones are placed on key energy points to stimulate and harmonise the chakras.





FOOT MASSAGE

(60 minutes)

THB 2,500

Experience holistic balance and deep relaxation. This invigorating treatment provides physical renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to stimulate corresponding organ groups in the upper body.

REVIVE AND RELIEVE

(60 minutes)

THB 2,500

Revive tired feet and relax an aching back with a dual therapy session that extends your day of unwinding bliss.

Shower – Floral Foot Bath – Tension Relief Back Massage – Foot Massage.

DE-STRESSER

(45 minutes)

THB 2,200

The perfect reward at the end of a hectic day, this sequence melts away pent-up stress and fatigue by focusing on the back, neck and head for immediate and long-lasting relaxation.

Shower – Floral Foot Bath – Tension Relief Back Massage – Choice of Head and Scalp Massage or Neck and Shoulder Massage.

SCRUBS

ESSENCE WHITE COCONUT MINT SCRUB

(60 minutes)

THB 2,900

Healing, refreshing and richly moisturising, this exotic scrub removes dead cells, strengthens new skin and awakens the senses. Skin is left feeling silky smooth and glowing with vitality.

DETOXIFYING GREEN TEA SCRUB

(60 minutes)

THB 2,900

Polish, nourish and rejuvenate your body with the therapeutic properties of an exfoliating green tea scrub.

BIOLOGIQUE RECHERCHE 40 YEARS OF PASSION

Over more than four decades, Paris-based Biologique Recherche has gained an unrivalled reputation based on a clinical approach to skincare using concentrated and pure ingredients, as well as innovative and meticulous procedures. Moving away from the traditional method of categorising skin into basic skin types such as 'dry' and 'oily', the Biologique Recherche methodology recognises that skin changes year to year, season to season and day to day. Subsequently, treatments are customised to your own individual 'Skin Instant'.

FACIALS

SOIN OXYGÉNANT VIP O2 (90 minutes)

THB 5,500

A regenerating and revitalizing treatment for the epidermis that works on all Skin Instants®, especially for those living in polluted cities. It restores the natural balance of your skin, oxygenizes and detoxifies your skin tissue leaving your face, neck and chest smooth, brightened and glowing.

DETOXIFYING AND PURIFYING FACIAL

(60 minutes)

Skin Instants: Problematic, congested and dull skin

THB 4,000

This soothing treatment rectifies congestion and imperfections caused by circulation imbalances. In addition to purifying and rebalancing the skin, the Detoxifying and Purifying Facial assists in the regulation of oil secretion to prevent breakouts, tighten pores and brighten a dull complexion.

OXYGENATING FACIAL

(60 minutes)

Skin Instants: Devitalised and stressed skin

THB 4,000

Recommended for devitalised, sluggish skin which can be caused by city pollution, stress and travelling. A perfect combination of micro-exfoliation and bio-energy massages will oxygenate the epidermis, relax your facial muscles and leave your skin glowing.





COOL AND CALM FACIAL

(60 minutes)

Skin Instants: Sensitive, reactive skin

THB 4,000

Specifically designed for sensitive, reactive skin which may be prone to rosacea, this SOS treatment helps repair, stabilise and protect the skin's surface. The skin's structure will be soothed and nourished, resulting in reduced sensitivity and a stronger epidermis, providing immediate relief and rebalance. Excellent for calming inflammation after sun exposure or laser treatments

ANTI-AGEING BOOSTERS

SOIN LISSANT – IMMEDIATE RECONDITIONING TREATMENT

(90 minutes)

Skin Instants: Sensitive, reactive, stressed and traumatised skin

THB 5,500

This unique treatment specifically targets all signs of ageing, including fine lines, wrinkles, as well as loss of elasticity and firmness. Soin Lissant helps to stimulate the skin's natural defence system by working in harmony with the lymphatic and circulatory system. In order to reconstruct and rebalance the skin, the technique utilises sculpting movements and pulsing strokes. An excellent anti-stress treatment that will leave your skin feeling calm, reconditioned and rejuvenated.

MC110 BOOSTER

(90 minutes)

(120 minutes with remodelling face option)

Skin Instants: Undernourished, thin and lifeless skin

THB 5,500

THB 6,500

This re-plumping, restructuring and renewing treatment has been designed for lifeless, weakened and lacklustre skin with fine lines and wrinkles. Using a revolutionary vibratory massage technique, the MC110 Booster will leave your skin feeling smoother and brighter, with your facial contours plumped and redefined.

BATH AND STEAM RITUALS

ANANTARA MILKY BATH

(30 minutes)

THB 1,200

Enjoy a private tea service as the exotic aromas of our signature Romance Milky Bath balance your body, mind and spirit.

AROMATHERAPY BATH

(30 minutes)

THB 1,200

Treat yourself to a deeply relaxing bath. Perfect for bedtime, this indulgent treat will allow you to switch off an overactive mind and prepare for a tranquil and relaxing night's sleep

THAI HERBAL STEAM

(30 minutes)

THB 1,200

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

AROMA STEAM

(30 minutes)

THB 1,200

Feel stress melt away with floral steam that offers a deep sense of relaxation and soothes the mind. We recommend this indulgent treatment before any massage.

Natural Shoothing Facail

(60 minutes)

THB 3,500

Recovering your skin with a formulate of Snow lotus and Pro-Vitamin B5 to nourishing skin, moisture and soothing skin with a perfect marks of Brown algae extract with Inca Omega oil and Hyaluronic acid complement to enhance stress relief and reduce tension of skin.

BEAUTY SALON SERVICES

Feel beautifully pampered with the ultimate in manicure and pedicure luxury. Enjoy treatments that offer a ritual of cleansing, exfoliating scrub, nourishing mask, cuticle care, massage and perfect paint finish.

NAIL SPA

Make yourself comfortable in a luxurious pedi-chair, which massages you into deep relaxation while you enjoy refreshments. Feel beautifully pampered from fingertips to toes as you enjoy manicure and pedicure treatments that include a cleansing ritual, exfoliating scrub, nourishing mask, cuticle care, massage and perfect paint finish.

EXPRESS MANICURE OR PEDICURE

(45 minutes)

THB 1,000

MANICURE WITH OPI NAIL POLISH

(60 minutes)

THB 1,200

DELUXE MANICURE WITH OPI GELCOLOR

(90 minutes)

THB 1,800

PEDICURE WITH OPI GELCOLOR

(60 minutes)

THB 1,500

DELUXE PEDICURE WITH OPI GELCOLOR

(90 minutes)

THB 2,000

PEDICURE WITH OPI NAIL POLISH

(60 minutes)

THB 1,500

DELUXE PEDICURE OPI NAIL POLISH

(90 minutes)

THB 1,800

GELCOLOR OR POLISH CHANGE ONLY

(45 minutes)

THB 800

DELUXE MANICURE OPI NAIL POLISH

(90 minutes)

THB 1,500

ADD FRENCH (GELCOLOR OR POLISH)

(30 minutes)

THB 300

DELUXE MANICURE OPI NAIL POLISH

(90 Minutes)

THB 1,500

GELCOLOR POLISH REMOVAL ONLY

(30 minutes)

THB 300

MANICURE WITH OPI GELCOLOR

(60 minutes)

THB 1,500

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.
- We have a wonderful selection of refreshing teas for you to enjoy after your treatment.
- Please note that the spa is unsuitable for small children and babies as we try to ensure that all our guests benefit from the peace and quiet.
- We recommend that you leave all jewellery in your room before coming to the spa.
- All treatments will be charged to your room and will appear on your account at check-out.
- Please give five 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 or waxing treatment.
- 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 your treatment's duration.
- Guests with high blood pressure, with heart conditions, with 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.
- Prices are subject to 10% service charge and 7% applicable government tax.



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