

Ease body,  
mind and soul  
in a sanctuary  
of serenity



ANANTARA

SPA

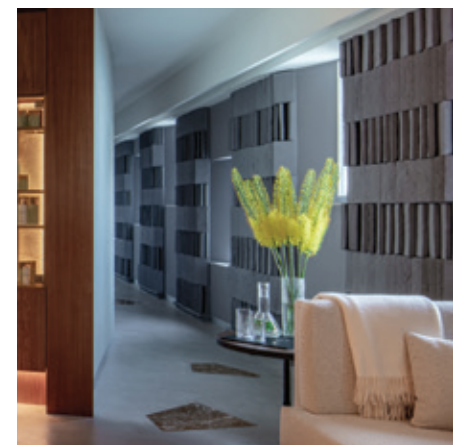
AT ANANTARA SPA,  
THE GREATEST JOURNEYS  
ARE FELT, NOT TOLD.

## Welcome to Anantara Spa

Cool breezes drift off the Mediterranean, carrying with them the energising scent of lemon groves to fill a serene sanctuary.

Discover a peaceful retreat where tranquility and relaxation meet, in harmony with nature.

Step into Anantara Spa to embark on a journey of regeneration for mind, body and soul.







## Facials by Elemis

Hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives. This is where intuition meets expertise.

### **RENEW – HYDRATE, LIFT & FIRM**

30 | 60 MIN

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

### **REVEAL – RESURFACE, SMOOTH & GLOW**

30 | 60 MIN

Powered by our patented Tri-Enzyme technology, this facial helps to minimize the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

### **DEFINE – ENERGIZE, REJUVENATE & SCULPT**

90 MIN

This innovative facial captures the power of clinically proven, intelligent skincare to deliver transformative results for energized, rejuvenated and sculpted-looking skin.

## Facial by La Selva di Positano

### **LA SELVA DI POSITANO REFRESH**

60 MIN

This bespoke treatment harnesses the natural beauty and vitality of the region, featuring the exclusive La Selva di Positano line enriched with the delicate essence of orange blossom nectar. Includes a gua sha massage to enhance circulation and a calming massage using rose quartz. Created to refresh, hydrate and restore your skin.

# Massages

## ANANTARA CITRUS MASSAGE EXPERIENCE

As the lemon trees blossom, a sweet fragrance is released and captured in the form of a uniquely aromatic essential oil. Indulge in our signature experience – an energising and uplifting massage using a combination of citrus oils that harness the natural benefits of the Italian lemon. It is highly effective in improving mood and stress levels, refreshing the senses and rejuvenating dull and tired skin.

60 | 90 MIN

## DEEP TISSUE MASSAGE

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation: it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded, and focused.

60 | 90 MIN

## PEACEFUL PREGNANCY

This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby. Aromatics formulated to be used safely during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm. (You must be a minimum of 12 weeks pregnant at time of treatment.)

60 MIN



## BESPOKE MASSAGE

60 | 90 MIN

Indulge in a fully personalized massage experience, our skilled therapists will understand your personal preferences and areas of focus. Enhance your massage with essential oils selected for you, promoting relaxation and emotional balance.

## THAI HERBAL MASSAGE

90 MIN

This distinctive style of traditional Thai massage uses a heated compress filled with essential herbs to release muscle tension and stiffness, enhance energy flow and relieve fatigue.

## CANDLE MASSAGE

60 | 90 MIN

Indulge in a soothing and relaxing body massage with warm, nourishing aromatic massage candles made with a blend of skin-friendly waxes and oils. Wonderfully relaxing, relieves tension and stress and promotes better sleep.

# Spa journeys

‘Nam Jai’ is at the core of Anantara’s philosophy. It is rooted in Thai culture referring to sincere kindness and helping others without expectation. Our signature journeys represent ‘water from the heart’ to you.

## ANANTARA SIGNATURE JOURNEY

Immerse your feet in a soothing foot ritual, infused with the exotic aromas of frangipani flowers and hibiscus. This time-honored practice holds deep cultural significance in Thailand. This cleansing ritual symbolizes a fresh start and the release of negative energy. Surrender to the skilled hands of our therapists as you receive a personalized massage, tailored to your unique needs. Choose from a selection of stunning oils, such as Monoi and coconut, rosemary and pine, or orange and fennel, each designed to nourish the skin and promote a sense of calm. This massage will melt away tension and restore balance to your mind and body. Conclude your journey with an express facial, specifically crafted to revitalize and hydrate your skin, leaving it radiant and glowing. Inspired by Anantara’s philosophy of ‘Nam Jai’, which embodies sincere kindness and heartfelt service, this experience is a true celebration of your well-being.

90 MIN | Foot Ritual | Bespoke Massage | Express Facial

## ESSENCE OF AMALFI

Experience the Essence of Amalfi, starting with a refreshing body cleanse using handcrafted natural soaps from Selva di Positano, enriched with local ingredients for a gentle and nourishing effect. Follow with a full body massage using lemon oil, enhancing circulation while melting away tension for ultimate relaxation. Conclude your journey with a tailored hydrating facial treatment, designed to hydrate and rejuvenate your skin using advanced skincare technology and natural ingredients. This holistic experience promises to reconnect you with nature and revitalize your senses, making it the perfect escape into the beauty of the Amalfi Coast.

150 MIN | Body Cleanse | Aroma Massage | Facial



## CONVENTO DI AMALFI JOURNEY

Immerse yourself in a sensory journey that connects you with this stunning setting. Start with the Elemis Frangipani Monoi Salt Glow Scrub, a luxurious exfoliating treatment that revitalizes and smooths your skin. This indulgent scrub combines mineral-rich salts with nourishing coconut oil and the essence of frangipani, gently buffing away dead skin to reveal a radiant glow. Next, enjoy a bespoke massage tailored to your current needs, utilizing a blend of aromatic oils designed to reenergize both your skin and senses. Conclude your experience with our signature pro collagen facial, which deeply cleanses and hydrates your skin, leaving you feeling refreshed and rejuvenated.

120 MIN | Express Exfoliation | Bespoke Massage | Express Facial



## Couple's experiences

### ANANTARA COUPLE'S MASSAGE

Find a deeper connection in this personalised massage experience for two, designed to elevate your physical and mental state and provide clarity to support profound bonding.

60 MIN | 90 MIN

### WITH PEACE & LOVE

Your couple's experience commences with a delicate hand-and-foot ritual. Next, indulge side by side with a relaxing massage to reduce stress, tension and fatigue. Your Peace and Love ritual culminates with a bespoke hydration facial to refresh, energise and reveal more youthful, healthy skin. Linger in the spa sanctuary to share gratitude and sip Champagne.

90 MIN | Hand and Foot Ritual, bespoke massage, express facial

### FROM PATH OF GODS

Experience the transcendent "From the Path of Gods" spa treatment, inspired by the serene journey of a hike through nature and a great treatment to have after a long day of walking. Begin with soothing warm seaweed compresses that ease muscle tension and hydrate the skin, complemented by a calming anti-stress massage tailored to melt away worries. This holistic combination promotes relaxation, improves circulation, and fosters mental clarity, allowing you to escape the stresses of daily life. A rejuvenating journey that harmonizes body, mind, and spirit.

90 MIN | Warm Compress | Anti- Stress Massage



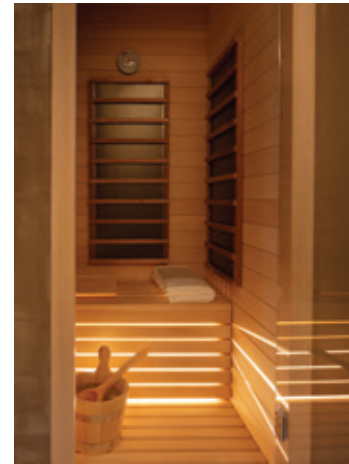
### THE YELLOW EXPERIENCE BY LA SELVA DI POSITANO

Indulge in a tranquil escape set against the breathtaking backdrop of the Amalfi Coast. Immerse yourselves in the soothing scents of La Selva di Positano lemon oil, renowned for its refreshing and revitalizing properties, as our skilled therapists guide you through a harmonious couples massage designed to melt away tension and foster deep relaxation. Enhance your experience with a facial massage using delicate orange blossom oil, known for its calming effects and skin-nourishing benefits. This treatment will leave both of you feeling radiant and recharged. To complete your romantic retreat, enjoy a refreshing cool drink while gazing at the stunning sea view, making every moment unforgettable. Embrace the essence of Amalfi—where serenity meets romance.

60 MIN

# Express treatments

Designed to provide quick and effective pampering, these 30-minute express experiences allow you to rest and relax even when time is limited.



## HAMMAM SUITE

30 minute of private room with Turkish bath and emotional shower.

## STEAM AND SAUNA

Enhance your spa experience by reserving exclusive access to our private steam and sauna, designed for individual use only.

## HEAD, HAND AND FOOT MASSAGE

Just 30 minutes of gentle attention to the head, hands and feet can lower the stress hormone cortisol while also triggering the release of serotonin and oxytocin – the feel-good hormones.

## BACK, NECK AND SHOULDER MASSAGE

Reduce stress, pain and muscle tightness with a targeted massage designed to increase relaxation and boost mental health and wellness.

## FOOT MASSAGE

Revive tired feet with this luxurious foot ritual and acupressure foot massage.

## REFRESHING FACIAL

A gentle cleanse and peel is followed by exfoliation and suction hydration. The last step is to seal in the nutrients, antioxidants and peptides. Just 30 minutes to get the best skin of your life.

# Elemis body treatments

## CLEANSING SALT SCRUB

An invigorating experience with the extraordinary cleansing, mineral-rich power of salt. Aromatic salt is used to gently slough away dead skin cells, encouraging the regeneration skin and leaving the body smooth and responsive to oils and balms. Once thoroughly revived, the body is swept with beautiful oils for velvety-soft, conditioned skin.

30 MIN

## FRANGIPANI NOURISHING WRAP

The velvety texture of Monoi Oil offers intense hydration to quench thirsty skin. You are kept cocooned in warmth whilst the mood-balancing aromatics and skin-conditioning oils perform their magic. A facial and scalp massage ease you further into relaxation. An emotionally grounding experience for skin that has never felt silkier.

60 MIN

# Body scrub

## LAVENDER BLISS SCRUB

The relaxing properties of lavender help soothe and balance the skin during this luxurious scrub experience. Earthly minerals infused with lavender exfoliate the skin and uplift the senses.

30 MIN







## Spa enhancements

Elevate and enrich your spa experience with the following offerings:

### **HOT STONES**

Provide heat therapy to the muscles, which can help reduce tension and pain.

### **TONING GLASS FOR EYES**

Effective in eliminating eye bags, dark circles and wrinkles, further relaxing, refreshing and toning the eye area.

### **HANDS AND FEET MASK**

One of the best ways to deeply moisturise and nourish the skin of hands and feet.

## Elemis Expert enhancements

Choose from a range of specialized treatment, designed to target specific concerns, and enhance your experience.

### **LED ENERGY MASK | GLOW, SOOTHE & ENERGIZE**

Illuminate your skin with our LED facial mask enhancement. Discover the power of the innovative ELEMIS 7-in-1 Light Mask to calm, soothe and energize, leaving your skin visibly refreshed and glowing.

### **COLLAGEN EYE MASK | BRIGHTEN, HYDRATE & REVITALIZE**

Elevate your facial experience with our targeted eye treatment add-on, specially designed to brighten, hydrate, and revitalize.

# Etiquette

- Please book Spa appointments in advance in order to ensure that the full range of treatments is available at your preferred time.
- Please arrive 10 minutes prior to your treatment in order to complete your health assessment and take time to relax in our tranquil surroundings.
- We remind you that the use of a swimsuit is mandatory in our facilities.
- We will provide you with a bathrobe, towel, slippers and underwear in the treatment room.
- Children under 16 are not allowed to use Spa facilities.
- We recommend that you leave all jewelry in your room/safe before coming to the Spa.
- If you would like to cancel your appointment, please do so at least 8 hours prior to the treatment, otherwise a 50% charge will be incurred. In the case of no-shows, 100% of the appointment will be charged.
- 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.
- Should you arrive late for your appointment, the treatment time may have to be reduced depending on availability.
- Guests with high blood pressure, heart conditions, allergies, who are pregnant or have any other conditions, are advised to consult a doctor before signing up for any treatment.
- Before the start of treatment please notify the Spa receptionists of any existing medical conditions.



