





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.

ANANTARA SIGNATURE MASSAGE (60/90 Minutes) THB 2900/3500++

Combining eastern and western techniques in purpose designed movements with our unique oil blend, this massage stimulates the circulation and deeply relaxes muscles, clears energy blockages and promotes overall wellbeing.

BESPOKE SPA EXPERIENCE (90 Minutes) THB 3500++

Indulge in an exclusive spa journey, designed to suit your needs and mood. Highlight the areas you wish to focus on or the benefits you'd like to receive, and we'll tailor the perfect 90 minute treatment and offer you a choice of luxurious spa products.



SPA JOURNEYS

JOURNEY OF SIAM

(205 minutes) THB 4500++

Experience a sequence of revered Thai wellness traditions. Remedial herb-infused steam relaxes the body and opens pores, in preparation for a moisturising coconut polish. Energising massage techniques stretch and reinvigorate the body, enhancing energy flow and overall wellbeing.

Floral Foot Ritual • Thai Herbal Steam • Essence White Coconut Scrub • Traditional Thai Massage • Refreshment

ELEMIS COUTURE TOUCH

(135 Minutes) THB 5900++

Condition your skin and muscles with this all-embracing experience. Combine any 1-hour ELEMIS hands-on TOUCH facial with your personalized Freestyle Deep Tissue Massage.

ELEMIS Freestyle Deep Tissue Massage • Personalized Facial
• Refreshment

DAWN RENEWAL

(165 minutes) THB 4900++

Rise to a ritual of revitalising therapies. Smooth, renew and hydrate skin with refreshing green tea exfoliation. Reawaken with a gentle massage that soothes away all tension.

Floral Foot Ritual • Detoxifying Green Tea Scrub • Stress Release Massage • Refreshment





MASSAGES

THAI HERBAL COMPRESS MASSAGE

(90 Minutes) THB 3000++

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

(60/90 Minutes) THB 2400/2900++

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

STRESS RELEASE MASSAGE

(60/90 Minutes) THB 2500/3000++

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.

INDIAN HEAD MASSAGE

(60 Minutes) THB 2300++

Based on Ayurvedic principles, this soothing yet energizing massage combines pressure point techniques and coconut oil to relieve tension in the head and neck. While restoring tranquility, this massage can also help to relieve insomnia, chronic headaches, migraines and sinusitis.

FOOT MASSAGE

(60 Minutes) THB 2000++

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 effectively stimulate corresponding organ groups in the upper body.

ELEMIS FREESTYLE DEEP TISSUE MASSAGE

60/90 Minutes) THB 2900/3500++

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

BODY TREATMENTS

BODY SCRUBS

ESSENCE WHITE COCONUT MINT SCRUB (60 Minutes) THB 1900++

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) THB 1900++

Nourish and rejuvenate your body with the therapeutic properties of green tea.

ELEMIS INTENSELY CLEANSING SALT SCRUB – LIME AND GINGER (30 Minutes) THB 1900++

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

BODY WRAP

DETOXIFYING GREEN TEA WRAP (60 Minutes) THB 1900++

Relax in a calming cocoon of gently cleansing and hydrating green tea.

ELEMIS BODY NECTAR NOURISHIN WRAP – FRANGIPANI (60 Minutes) THB 1900++

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.



FACIAL TREATMENTS TOUCH: ANTI-AGEING

ELEMIS PRO-COLLAGEN AGE DEFY
(60 Minutes) THB 3900++

Tackle 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.

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MEN: TOUCH

ELEMIS HIGH PERFORMANCE
SKIN ENERGISER
(60 Minutes) THB 3500++

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



STEAM & BATH RITUALS

THAI HERBAL STEAM
(30 Minutes) THB 500++

Inspired by 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.

ANANTARA MILKY BATH
(30 Minutes) THB 750++

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



SPA ETIQUETTE

- Please arrive 15 minutes prior to your appointment time in order to complete a health assessment from and relax before your treatments.
- Please note that spa is unsuitable for small children and babies, unless receiving treatment, as we try to ensure that all our guests benefit from the tranquil atmosphere.
- We recommend that you leave all jewelry in your room before coming to the spa.
- All treatments will be charged to your room and will appear on your account at the time of 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 any oil treatments.
- For men – please shave prior to all facial treatment to ensure that maximum results are achieved.
- Smoking and the use of mobile phones are not permitted in the spa.
- Arriving late will decrease the time of your treatment.
- Guest who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications, are advised to consult the doctor before signing up for any treatments.
- Please notify the spa receptionist of any existing medical conditions.

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

Treatments are available from 10.00 a.m. – 07.00 p.m.
For reservations, please contact Anantara Spa at tel: 032- 520250 Ext: 1803





LIFE IS A JOURNEY. Visit anantara.com

Anantara Hua Hin Resort
43/1 Phetkasem Beach Road, Hua Hin, Prachuabkirikhan 77110 Thailand
T +66 (0) 3252 0250 F +66 (0) 3252 0259 E huahin@anantara.com