

JOURNEYS OF TROPICAL ISLAND
BEAUTY AND CULTURED WELLNESS.



ANANTARA

SPA



WELCOME TO ANANTARA SPA

Rooted in Thailand, Anantara's philosophy, 'without end', stems from ancient Sanskrit origins. At Anantara Spa Lawana, this liberating concept is uniquely inspired by Koh Samui's Sino-Thai wellness heritage and exotic revitalisation.

Find sanctuary in a quiet courtyard haven of vintage oriental charm. Renew vital energy through timeless Thai techniques. Restore radiance in richly healing coconut journeys. Relax into a holistic harmony with ancient Chinese, Balinese and Ayurvedic traditions. Boost physical, emotional and spiritual balance with a choice of intensive wellness retreats.

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

Opening hours: 10:00 am – 10:00 pm

欢迎光临安纳塔拉水疗

安纳塔拉的“无止永恒”哲理根植于泰国哲学，来源于泰国古典梵文。在拉瓦娜安纳塔拉水疗，这一舒缓身心的健康理念从苏梅岛中泰融合的养生传统中汲取灵感，带来别具异域风情的焕活体验。

在充满东方传统韵味的宁静庭院中，寻觅令人心身愉悦的祥和净土。传承不朽的泰式按摩手法让人重焕活力；卓有成效的椰子护理令您重现神采；古老中国、巴厘岛和阿育吠陀的健康传统则带您走进身心放松、内外和谐的美妙境界。一系列密集康体护理可有效促进身心平衡，带来精彩纷呈的难忘体验。

安纳塔拉奢华水疗之旅，万语千言不如亲身体会。

营业时间：上午10:00 – 晚上10:00

如需预约，请联系安纳塔拉水疗。

SIGNATURE EXPERIENCES 招牌体验

Drawing on Anantara Spa's world-class expertise, the finest indigenous wellness traditions and unique holistic therapies, these specialist rituals bestow powerful, long-lasting benefits for body, mind and soul.

安纳塔拉水疗中心拥有世界一流专业技术·最佳的本土养生理念与独特的水疗配方·高水准的专业水疗·无微不至的体贴·让您的身心与灵魂得到永久的呵护。

ANANTARA LAWANA COCONUT PARADISE

(200 Minutes)

安纳塔拉白椰天堂 (200 分钟)

Once honoured as Koh Samui's principal livelihood, the island's humble coconuts first rose to wider fame as a tourist attraction, with monkeys climbing the sweeping, tall palms to harvest the tropical fruit. Now, with local reverence for the coconut's hydrating and enriching qualities also spreading far and wide, Anantara invites you on a coconut odyssey of highly beneficial health and beauty treatments.

Shower - Floral Foot Ritual - Essence White Coconut Scrub - Shower - Essence White Coconut Wrap - Coconut Signature Massage - Refreshment

曾经被誉为苏梅岛的主要生计·岛上的椰子谦虚 第一上升到更广泛的成名作为一个旅游胜地·与猴子攀扫地·高大的棕榈树收获的热带水果。现在·当地崇敬椰子的 保湿和丰富的品质也蔓延和加深·安纳塔拉邀请您 对非常有益的健康和美容 护理椰子奥德赛。

淋浴 - 花瓣足浴 - 精华素白椰子磨砂 - 浴室 - 精华 白 椰子总结 - 椰子特色按摩 - 茶点

ANANTARA SIGNATURE MASSAGE (60/90 Minutes)

安纳塔拉招牌按摩 (60/90分钟)

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.

安纳塔拉招牌按摩集东西方手法于一体·使用安娜塔拉特色精油·促进血液循环和深层肌肉放松·打通能量阻塞·促使全身健康。

BESPOKE SPA EXPERIENCE (90 Minutes)

个性化定制水疗 (90分钟)

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.

根据您的需要专为您设计适合的水疗·打造独一无二的体验。个性化定制水疗是按照您的要求重点关注的身体部位或效果。90分钟分钟为您设计·奢华水疗尽在个性化服务中。



SPA JOURNEYS 奢华水疗之旅

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.

摆脱时空的束缚，尽享梦中之旅的独特理疗。健康至上，至尊养生。

JOURNEY OF SIAM (200 Minutes) 暹罗之旅 (200 分钟)

A remedial journey, inspired by Thai wellness culture. Herb infused steam relaxes the body and prepares skin for a richly moisturising coconut scrub. A powerful massage works deeply into the muscles, freeing all tension and stress.

Floral Foot Ritual – Thai Herbal Steam – Essence White Coconut Scrub – Deep Tissue Massage – Refreshment

体验传统泰式养生。理疗草药熏蒸放松身心，打开全身毛孔，为涂抹保湿椰油做好准备。按摩技法让身体舒展并重焕活力，加速能量流动，促进全身健康。

花瓣足浴 - 泰式草药熏蒸 - 白色椰果精华角质护理 - 传统泰式按摩 - 健康茶点

DAWN RENEWAL (165 minutes) 黎明复兴 (165 分钟)

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

崛起为振兴疗法的仪式。利用清爽的绿茶去角质，已达到柔滑，更新和滋润肌肤。通过温和的按摩重新唤醒，舒缓所有应力

花足疗法•排毒绿茶磨砂•释压按摩•茶点

ELEMIS COUTURE TOUCH (120 minutes) 榄香脂抚触按摩 (120分钟)

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

榄香脂抚触按摩全面呵护全身肌肤，个性化自由深层组织按摩加一小时榄香脂面部抚触按摩。

榄香脂自由式深层组织按摩 - 个性化面部护理 - 健康茶点



BALANCE WELLNESS 平衡健康

HIMALAYAN THERMAL THERAPY (90 Minutes)

喜马拉雅热疗 (90分钟)

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.

利用喜马拉雅山的古老能量我们应用工匠·手工雕刻喜马拉雅山盐石以溶解您所有精神和身体的压力。这些石头重新引入84矿物质和微量元素以诱导身体的最终均衡状态及同时实现身体的自然排毒现象。

当你超越完全放松的状态时·我们会进行面部按摩使用冰玫瑰石英刮痧水晶·缓解肌肉紧张·刺激血液循环·以让皮肤永远发光。这种全身仪式以马尔马点为重点·是一种深层恢复头部按摩及消除神经紧张和恢复精神的疗程。

1 DAY YOGA & WELLNESS RETREAT

Designed to restore health, energy and clarity, this exclusive wellness retreat combines holistic practices with spa bliss and wholesome dining.

- Yoga and Meditation (60 Minutes)
- Thai Herbal Steam (30 Minutes)
- Stress Release Massage (60 Minutes)
- 3-Course Healthy Cuisine Menu with a choice of starter, main and dessert
- Raw Juice

3 DAY REJUVENATE & REVITALISE WELLNESS PROGRAMME

Energy rises as tension ebbs away in this exclusive retreat. Discover how three days of balanced exercise, wellness therapy and nutrition leaves you fully rejuvenated - ready to face the world afresh.

Day 1:

- Choice of Yoga, Tai Chi, Pilates or Thai Boxing (60 Mins)
- Thai Herbal Steam (30 Minutes)
- Herbal Infusion and Dried Fruit
- Swedish Massage (60 Minutes)
- Raw Juice
- 3-Course Healthy Cuisine Menu with a choice of starter, main and dessert

Day 2:

- Choice of Yoga, Tai Chi, Pilates or Thai Boxing (60 Mins)
- Thai Herbal Steam (30 Minutes)
- Herbal Infusion and Dried Fruit
- Foot Massage (60 Minutes)
- Herbal Infusion and Dried Fruit

Day 3:

- Choice of Yoga, Tai Chi, Pilates or Thai Boxing (60 Mins)
- Indian Head Massage & Mini Facial (60 Minutes)
- Herbal Infusion and Dried Fruit

5 DAY RELAX & DE-STRESS WELLNESS PROGRAMME

Give yourself space and time you need to fully surrender, recharge and transform. Reap maximum results from a progressive five-day programme of carefully balanced wellness. Benefit from the positive changes that occur with stress-relieving exercise, body and facial therapies and cleansing wellness cuisine.

Day 1:

- Choice of Yoga, Tai Chi, Pilates or Thai Boxing (60 Mins)
- Thai Herbal Steam (30 Minutes)
- Herbal Infusion and Dried Fruit
- Balinese Massage (90 Minutes)
- Raw juice
- 3-Course Healthy Cuisine Menu with a choice of starter, main and dessert

Day 2:

- Choice of Yoga, Tai Chi, Pilates or Thai Boxing (60 Mins)
- Milky Bath & Indian Head Massage (60 Minutes)
- Herbal Infusion and Dried Fruit

Day 3:

- Choice of Yoga, Tai Chi, Pilates or Thai Boxing (60 Mins)
- Thai Herbal Steam (30 Minutes)
- Herbal Infusion and Dried Fruit
- Foot Massage (60 Minutes)
- Herbal Infusion and Dried Fruit

Day 4:

- Choice of Yoga, Tai Chi, Pilates or Thai Boxing (60 Mins)
- Thai Herbal Steam (30 Minutes)
- Herbal Infusion and Dried Fruit
- Traditional Thai Massage (90 Minutes)
- Raw Juice
- 3-Course Healthy Cuisine Menu with a choice of starter, main and dessert

Day 5:

- Choice of Yoga, Tai Chi, Pilates or Thai Boxing (60 Mins)
- Anantara Signature Facial (60 Minutes)
- Herbal Infusion and Dried Fruit

一天瑜伽和健康休养

这个独特的健康疗养旨在恢复健康，能量和清晰度，结合了整体实践与享受水疗和健康的用餐体验。

- 瑜伽和冥想 (60分钟)
- 泰国草药蒸汽 (30分钟)
- 释压按摩 (60分钟)
- 三道健康美食菜单，包括开胃菜，主菜和甜点
- 生汁

3天重新焕发活力，恢复健康疗程

在这种独特的撤退中，能量随着紧张局势的消退而上升。探索如何在三天平衡运动，健康疗法和营养让您完全恢复活力 - 准备好重新面对世界。

第一天：

- 选项：瑜伽·太极拳·普拉提或泰拳类 (60分钟)
- 泰国草药蒸汽 (30分钟)
- 草药输液和干果
- SWEDISH MASSAGE (60分钟)
- 生汁
- 三道健康美食菜单，包括开胃菜，主菜和甜点

第二天：

- 选项：瑜伽·太极拳·普拉提或泰拳类 (60分钟)
- 泰国草药蒸汽 (30分钟)
- 草药输液和干果
- 足部按摩 (60分钟)
- 草药输液和干果

第三天：

- 选项：瑜伽·太极拳·普拉提或泰拳类 (60分钟)
- 印度头部按摩和迷你面部护理 (60分钟)
- 草药输液和干果

5天放松和减压健康疗程

给自己所需的空间和时间充分投降，充电和改造自身。这是一项精心平衡的五天健康计划已达到最大收获。以通过缓解压力的运动，身体和面部护理以及清洁健康美食而受益于正面变化，

第一天：

- 选项：瑜伽·太极拳·普拉提或泰拳类 (60分钟)
- 泰国草药蒸汽 (30分钟)
- 草药输液和干果
- 巴厘式按摩 (90分钟)
- 生汁
- 三道健康美食菜单，包括开胃菜，主菜和甜点

第二天：

- 选项：瑜伽·太极拳·普拉提或泰拳类 (60分钟)
- 乳白浴和印度头部按摩 (60分钟)
- 草药输液和干果

第三天：

- 选项：瑜伽·太极拳·普拉提或泰拳类 (60分钟)
- 泰国草药蒸汽 (30分钟)
- 草药输液和干果
- 足部按摩
- 草药输液和干果

第四天：

- 选项：瑜伽·太极拳·普拉提或泰拳类 (60分钟)
- 泰国草药蒸汽 (30分钟)
- 草药输液和干果
- 传统泰式按摩 (90分钟)
- 生汁
- 三道健康美食菜单，包括开胃菜，主菜和甜点

第五天：

- 选项：瑜伽·太极拳·普拉提或泰拳类 (60分钟)
- 安纳塔拉特色按摩 (60分钟)
- 草药输液和干果



MASSAGES 按摩

THAI HERBAL COMPRESS MASSAGE (90 Minutes)

泰国草药热敷按摩 (90分钟)

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.

这是一种泰国古老的保健方式，能够祛除负能量和倦怠感，让紧张的肌肉放松不再僵直。先以泰国草药膏热敷，然后再用精选草本精油按摩。

TRADITIONAL THAI MASSAGE (60/90 Minutes)

传统泰式按摩 (60/90分钟)

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.

传统泰式按摩相传久远，风格独特，素有“懒人瑜伽”之称---理疗师替您承担活动之苦，您只需轻轻松松，就能得到终极锻炼，静等收获锻炼效果。您可以充分体会到按压和伸展技术的放松作用，按摩后身体柔韧性的增加，活力的四射

STRESS RELEASE MASSAGE (60/90 Minutes)

释压按摩 (60/90分钟)

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.

自选特色精油，揉抚与穴位按压相结合的手法，柔缓而放松，带来纯美享受。

ELEMIS FREESTYLE DEEP TISSUE MASSAGE

(60/90 Minutes)

榄香脂自由式深层组织按摩 (60/90分钟)

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.

理疗师根据您的情况为您挑选芳香精油，缓解肌肉疼痛，减缓压力，放松身心，保持平衡。流畅的按摩手法有效减轻深度紧张，优化循环系统。

SHIRODHARA (60 Minutes)

精油理疗 (60分钟)

Discover how a continuous flow of luxuriant warm oil to the forehead profoundly coordinates and calms the mind, body and spirit, enhances blood circulation to the brain, improves memory, nourishes the hair and scalp, and gently releases tension.

奢华温热的精油伴随着按摩在额间游走，让心灵、身体和精神达到彻底的宁静，促进大脑血液循环，提高记忆力，为头发和头皮提供养分，舒缓紧张情绪。

INDIAN HEAD MASSAGE (60 Minutes)

印度头部按摩 (60分钟)

Based on Ayurvedic principles, this soothing yet energising massage combines pressure point techniques and coconut oil to relieve tension in the head and neck, whilst also helping to alleviate insomnia, chronic headaches, migraines and sinusitis.

基于阿育陀（印度草药疗法）原理，使用椰油和点式按压法按摩头部和颈部，具有凝神静气、恢复活力的作用。印度头部按摩不仅镇静安神，还能有效缓解失眠、慢性头痛、偏头痛和鼻窦炎。

FOOT MASSAGE (60 Minutes)

足部按摩 (60分钟)

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.

体验全方位平衡与彻底放松。使用特殊手法按压足部反射区，有效刺激对应的各个身体器官，效果神奇，令全身感到焕然一新。





BODY TREATMENTS 身体护理

BODY WRAPS 身体裹敷

ESSENCE WHITE COCONUT WRAP (60 Minutes)

白色椰果精华裹敷 (60分钟)

Indulgently rich and gloriously fragranced, this wrap rejuvenates the skin and combats the effects of modern life, thanks to coconut's restorative and moisturising qualities.

椰果具有复原和保湿功效·芬芳四溢·能够修复现代忙碌生活造成的肌肤问题·让肌肤重新充满活力。

DETOXIFYING GREEN TEA WRAP (60 Minutes)

绿茶裹敷排毒 (60分钟)

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

在温润护肤保湿的绿茶裹敷里尽情放松。

SKIN COOLING SUN SOOTHER (60 Minutes)

冰凉日晒舒缓护理 (60分钟)

Enriched by indigenous marula oil, mint and cucumber, this treatment is the perfect soothing tonic for sun-kissed or sunburnt skin.

富含本土马鲁拉树精油·薄荷和黄瓜成分·舒缓并修复晒后受损肌肤。

BODY SCRUBS 身体磨砂

DETOXIFYING GREEN TEA SCRUB (60 Minutes)

绿茶磨砂排毒 (60分钟)

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

绿茶具有理想的保健作用·绿茶磨砂排毒能滋养全身·恢复身体活力。

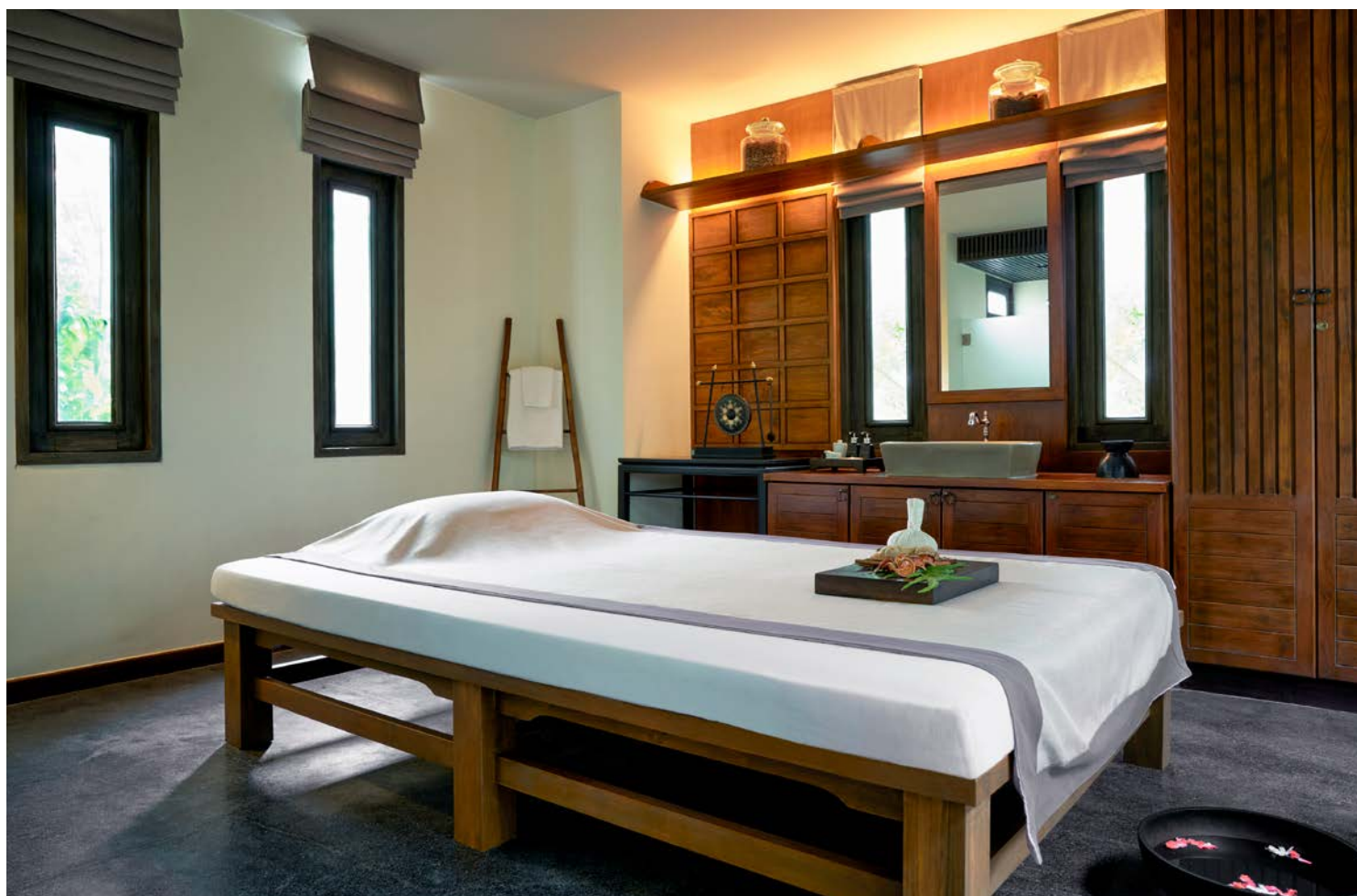
ESSENCE WHITE COCONUT SCRUB (60 Minutes)

白色椰果薄荷精华角质护理 (60分钟)

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

异域磨砂富含维他命和抗氧化剂·轻柔去除死亡细胞·让娇嫩新肤更加健康顺滑·为皮肤提供润泽·修复和保护·让皮肤光洁无瑕·光彩照人。

FACIALS TREATMENTS 面部护理



ANANTARA SIGNATURE FACIAL (60 Minutes)

安纳塔拉特色面部护理 (60分钟)

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to encourage cell renewal and oxygenation. A gentle massage coaxes pure relaxation and a herbal mask restores the natural balance of your skin.

安纳塔拉招牌面部护理融合滋养植物精华和传统泰式成分，令您的肌肤得到呵护，重焕活力。提取茉莉精油、白兰花精华、绿茶、香兰叶和粉红莲多种植物精粹混合物，加快细胞再生和氧化功能。舒缓的按摩让您彻底放松，草本面膜修复您肌肤的天然平衡。

ELEMIS FACIALS

TOUCH: ANTI-AGEING 抚触：抗衰老

ELEMIS PRO-COLLAGEN AGE DEFY (60 Minutes)

榄香脂原胶原蛋白抗衰老 (60分钟)

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.

深海扇藻和红珊瑚减少皮肤细纹，抗衰老，定位按摩滋养肌肤，优化细胞功能，令皮肤焕发青春光彩。

TOUCH: SKIN SOLUTIONS

ELEMIS ANTI BLEMISH MATTIFY AND CALM

抗血红素沉着和平静 (60分钟)

A deeply cleansing and detoxifying treatment for oily, unsettled or hormonal skin. This mattifying facial helps combat oil and shine using the proven power of lavender, for skin that is beautifully clear and bright.

深层清洁和排毒治疗对于油性、不稳定或荷尔蒙的皮肤。这个面部护理帮助对抗油光和光亮通过使用薰衣草的功效，适合清爽明亮的肌肤。

ELEMIS SUPER FOOD PRO-RADIANCE (60 Minutes)

榄香脂亮采超级营养护理 (60分钟)

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.

富含补充能量和排毒的活性成分，缓解肌肤压力，修复肌肤暗沉问题，让肌肤重焕光彩。富含肌肤所需的超级养分和矿物精华，让肌肤变得柔嫩饱满，青春焕发。

ELEMIS SENSITIVE SKIN SOOTHER (60 Minutes)

榄香脂敏感肌舒缓护理 (60分钟)

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protects against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

脆弱娇嫩的肌肤需要用心呵护。舒缓的按摩技法，有助于消除肌肤红块，保护肌肤免受日常压力损害，让肌肤变得更加柔顺湿润，光滑舒适，舒缓镇静。



MEN: TOUCH 男士保养：抚触

ELEMIS HIGH PERFORMANCE SKIN ENERGISER

(60 Minutes)

榄香脂高度活肤 (60分钟)

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

强力抗衰老、防干燥，缓解视力疲劳。精华熏蒸解决皮肤阻塞问题，最大限度提升皮肤的再生能力。多元活力面部按摩促进血液循环，同时还有令人深度放松的头皮按摩和足部按摩。

STEAM & BATH RITUALS 洗浴熏蒸

ANANTARA MILKY BATH (30 Minutes) 安纳塔拉牛奶浴 (30分钟)

Enjoy a private tea service as the exotic aromas of a relaxing floral bath balance your spirit.

温馨浪漫·平衡身体、心理与灵魂·是安纳塔拉的特色洗浴项目·沐浴同时还可以享受静谧、芳香的品茶时光

THAI HERBAL STEAM (30 Minutes) 泰式草药蒸汽浴 (30分钟)

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

利用泰国草本的药物疗效·泰式草药蒸汽浴能刺激循环系统、滋养身心·充满异国情调·亦可作为其他任意一款水疗之前的前奏。

BEAUTY 美丽之旅

Spa Manicure 水疗美甲
Spa Pedicure 温泉修脚
French Finish 法式甲片亮光处理
Paint Change 指甲油涂擦上色





JOURNEY OF A FIGHTER 泰拳搏击之旅

Discover Thailand's national sport, the traditional martial art of Muay Thai, with professional coaches in our dedicated rooftop gym, surrounded by natural beauty overlooking the Chaweng Beach. Whether you're a seasoned expert, interested in the "science of eight limbs" for a taste of true Thai culture, or simply for its exceptional fitness benefits, join us in the ring.

欢迎前来探索泰国的国民运动及传统武术——泰拳。您可在专用的屋顶健身房接受专业教练的悉心指导，并饱览查汶海滩的优美自然风光。无论您是经验丰富的专家，希望通过“八肢艺术”来领略真正的泰国文化，抑或只是想强身健体，都可以加入我们！

INTERMEDIATE MUAY THAI 中级泰拳

Increases the intensity from the basics. Learn more complex techniques and combinations from our pro fighter, rapidly improving your skills.

从基础开始，不断增加强度。向职业泰拳手学习更复杂的招式和组合，迅速提升技能。

ADVANCED MUAY THAI 高级泰拳

Experienced students can head into the ring with our pros for these challenging 60-minute sessions, tightly focused on developing fight fitness and ring skills.

时长60分钟，颇具挑战性，着重于增强拳击体能和对战技能，有经验的学员可直接走上拳击场，与专业泰拳手较量。

MUAY THAI RECOVERY 泰拳恢复

After a tough session in the ring, head to the Spa for this innovative Muay Thai recovery treatment. A full-body massage with essential oils of black pepper, clove and ylang-ylang warms and stimulates the muscles, leaving you feeling rejuvenated and ready to train again.

在激烈的拳击场对抗后，前往奢华水疗体验这一创新的泰拳恢复护理。以黑胡椒、丁香和伊兰精油进行全身按摩，温暖并刺激肌肉，让您重焕活力，为再次训练做好准备。

SELF-DIRECTED SESSIONS 自主训练

Our Muay Thai ring is available for you to use on a complimentary basis for brushing up on skills and techniques. We provide a punching bag, gloves, focus pads and kicking shields, as well as simple instructions to help you create your own Muay Thai workout.

拳击场可免费供您使用，便于您练习泰拳招式与技能。我们提供吊袋、手套、手靶和盾靶，并提供简单指导，帮助您进行自主式泰拳训练。

PRIVATE AND GROUP CLASSES 私人及团体课程

PRIVATE CLASSES (60 Minutes)

Work with a professional coach at your own level to master the basics or hone your skills.

私人课程 (60分钟)

专业教练一对一教学，帮助您掌握基础拳法或磨炼技能。

PRIVATE KIDS BOXING (45 Minutes)

With a focus discipline and physicality, Muay Thai is a fun, engaging and exciting activity for youngsters.

儿童私人泰拳课 (45分钟)

泰拳有利于帮助孩子集中注意力和强健体魄，是一项紧张有趣、引人入胜的活动。

GROUP CLASSES (60 Minutes)

Share the energy and motivation in a beginner level class designed to challenge and energise.

团体课程 (60分钟)

泰拳入门级课程，让人挑战自我、焕发活力。

MUAY THAI STADIUM VISITS 泰拳体育场参观

Visit the local Muay Thai stadium together with our resident Muay Thai Guru. Experience the thrill of watching Muay Thai live.

与驻场泰拳大师一起参观当地的泰拳体育馆，亲身体验现场观看泰拳比赛的紧张氛围。



SPA ETIQUETTE 水疗规范

- Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and enjoy time to relax.
- Please note that the spa is unsuitable for small children and babies unless receiving treatment. We try to ensure that all our guests benefit from the tranquil surroundings.
- 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 the time of check-out.
- 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 signing up for any treatments.
- Please notify the spa receptionist of any existing medical conditions.
- Appointments cancelled with less than 4 hours' notice will incur a cancellation fee of 50% of the reserved treatment price.
- In the event you are late for your scheduled appointment, we will accommodate you to the best of our abilities, but your treatment may be shortened or rescheduled.

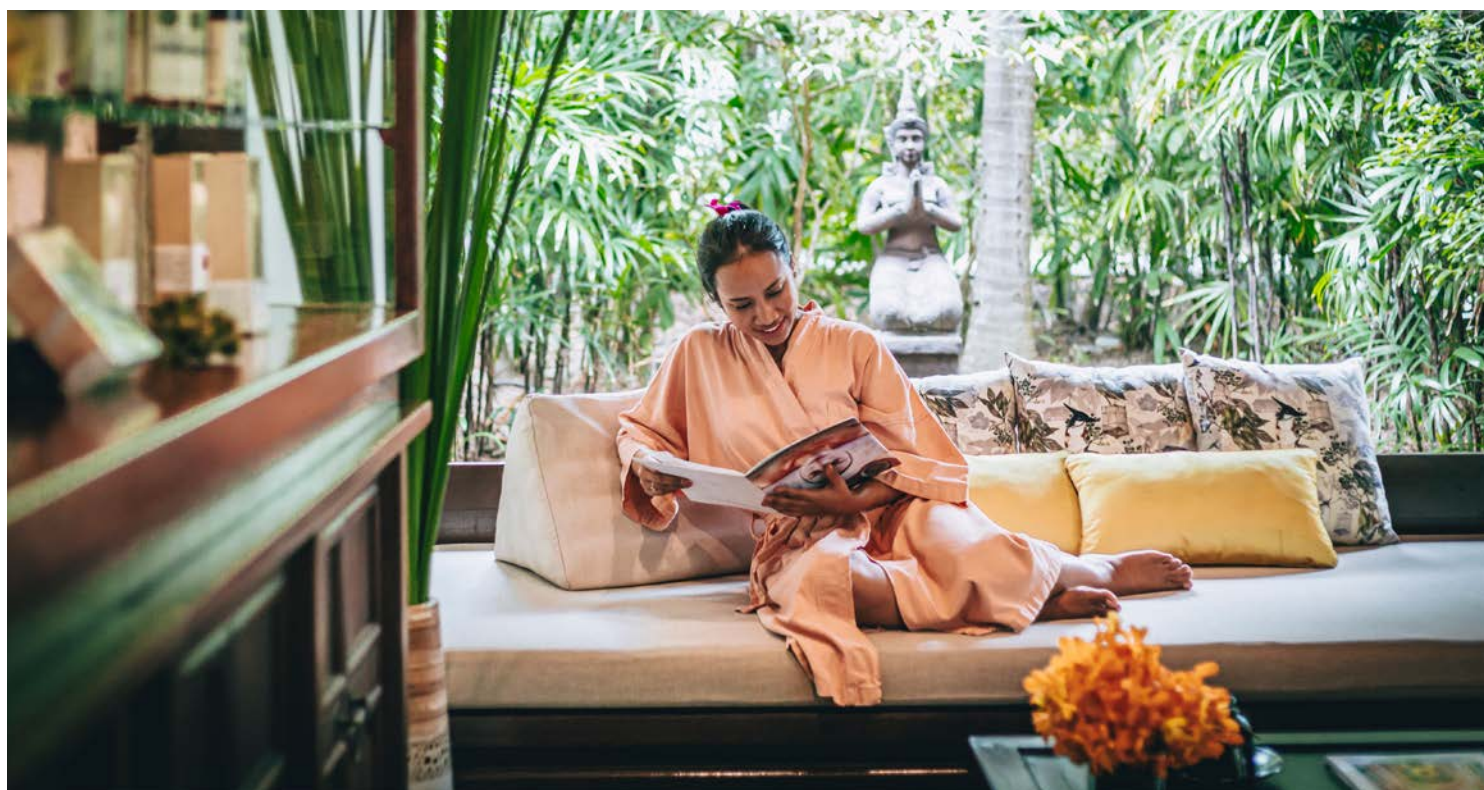
- 请在水疗开始前15分钟到达，以便填写您的健康评估表。水疗前先休息一会儿，以保证充分的放松。
- 请注意，温泉水疗不适合幼童和婴儿，除非他们接受水疗服务，我们也希望尽可能为所有客人提供安静的环境。
- 建议您来水疗中心之前把所有的首饰放在您的客房内。
- 所有的水疗费用都将计入您的房费中，并在退房时写入您的账单里。
- 单次温泉水疗需提前4小时取消，水疗套餐需提前小时取消，否则将收取50%的费用。
- 建议您在精油护理之后不要晒太阳。
- 男士在面部护理之前请修面，以保证达到最好的效果。
- 水疗馆内不得吸烟，不允许使用手机。
- 客人如未按时到达，护理项目的时间也会相应缩短。
- 高血压、心脏病、过敏、怀孕或有其他并发症的客人，请在预约之前咨询您的医师。
- 如果目前身体有任何不适，请知会水疗馆接待人员。

Treatments are available from 10.00 a.m. – 10.00 p.m.

For reservations, please contact Anantara Spa at tel: 077- 960333 Ext: 4.

开放时间 上午10时-晚间10时。

如需预约，请拨打电话安纳塔拉奢华水疗中心座机：077- 960333 分机：4。





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