

JOURNEYS INTO  
WELLBEING AND SERENITY.



**ANANTARA**

SPA



## WELCOME TO ANANTARA SPA

Rooted in Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins, and is beautifully expressed at Anantara Spa Hua Hin.

Immerse in Thailand's royal beauty and timeless spirituality. Hide away in a treatment room with a private courtyard garden, overlooking a lagoon filled with precious lotus flowers. Tune into nature in luxurious seclusion.

Feel the healing touch of your highly skilled therapist. Select your ideal therapies from ancient Thai wellness culture, trusted rituals from across Asia and results-driven western spa treatments. Whether to relax, balance or wind back the years, each experience is designed to revitalise and replenish, in just the way you need.

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.

### ANANTARA HUA HIN SIGNATURE JOURNEY (165 minutes)

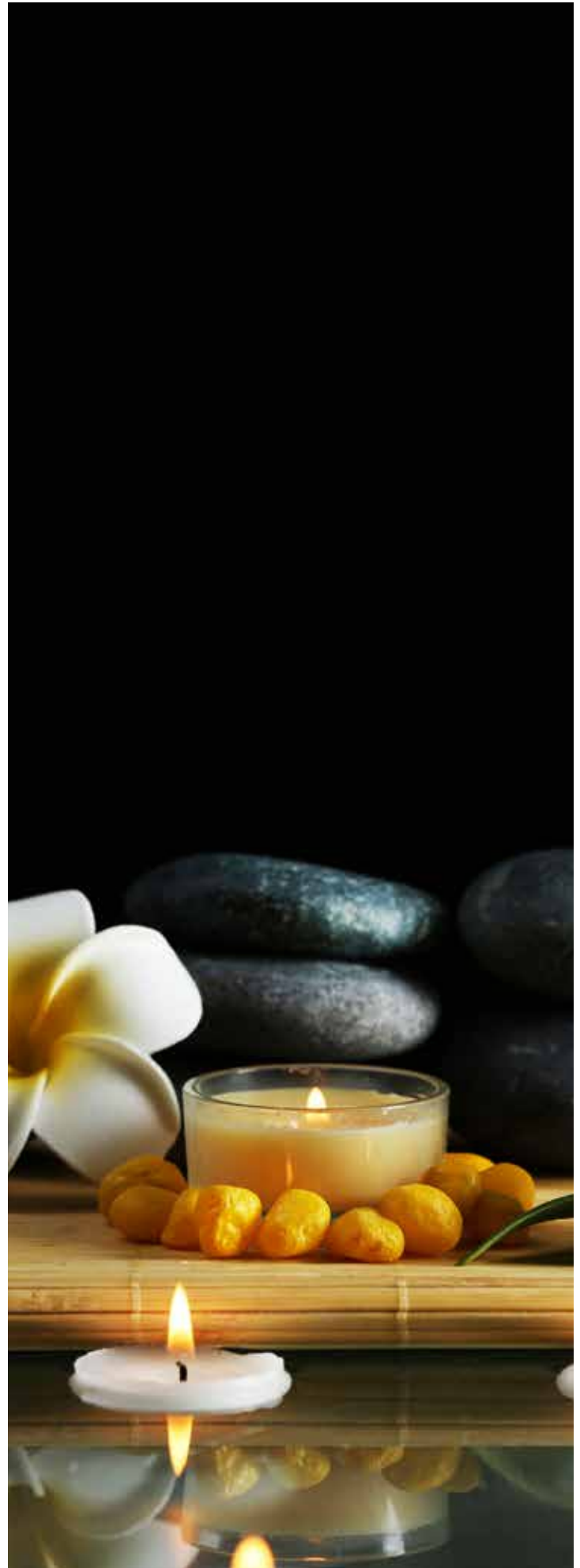
Skin gleams with vibrancy after a smoothing and replenishing polish infused with beautifying turmeric. Then surrender to a deeply relaxing massage that incorporates the healing power of a warm sand compress.

### BESPOKE SPA EXPERIENCE (90 Minutes)

Indulge in an exclusive spa journey, designed by specifically for you. 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.

### ANANTARA SIGNATURE MASSAGE (60/90 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.



## 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 (205 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 • Essence White Coconut Scrub • Traditional Thai Massage • Refreshment

### DAWN RENEWAL (165 minutes)

Rise to a refreshing ritual of replenishing therapies. Cleanse and exfoliate with a scrub infused with green tea extract and experience an invigorating stress release massage.

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

### ELEMIS COUTURE TOUCH (120 minutes)

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

Floral Foot Ritual • ELEMIS Freestyle Deep Tissue Massage • ELEMIS Face Touch



## BALANCE WELLNESS

### FITNESS, SPA & HEALTHY LUNCH

Feel fully energized and wonderfully relaxed with a well-rounded package for total wellbeing. Stress relieving dynamic movement, paired with a deeply soothing spa experience and wholesome nutritious cuisine leaves you rejuvenated, empowered and glowing with vitality.

- Muay Thai Boxing or Yoga (30 minutes)
- Thai Herbal Steam (30 minutes)
- Thai Herbal Compress Massage (60 minutes)
- 3 course Spa Cuisine meal with a choice of starters, mains and desserts
- 1 course Healthy Smoothie

## MASSAGES

### 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.

### TRADITIONAL THAI MASSAGE (60/90 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 the benefits. Experience how pressure point and stretching techniques release tension, increase flexibility and boost vitality.

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

### ELEMIS FREESTYLE DEEP TISSUE MASSAGE (60/90 minutes)

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.

### INDIAN HEAD MASSAGE (60 minutes)

Based on the principles of Ayurveda, this soothing and energising head massage combines pressure point techniques and coconut oil to relieve tension in the head and neck. Experience a gentle yet powerful remedy for insomnia, chronic headaches, migraines and sinusitis.

### 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 effectively stimulate corresponding organ groups in the upper body.



## BODY TREATMENTS

### BODY SCRUBS

#### ESSENCE WHITE COCONUT MINT SCRUB (60 minutes)

Rich in vitamins and anti-oxidants, this exotic scrub gently sweeps away dead cells 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.

#### ELEMIS INTENSELY CLEANSING SALT SCRUB- LIME AND GINGER (30 minutes)

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 WRAPS

#### DETOXIFYING GREEN TEA WRAP (60 minutes)

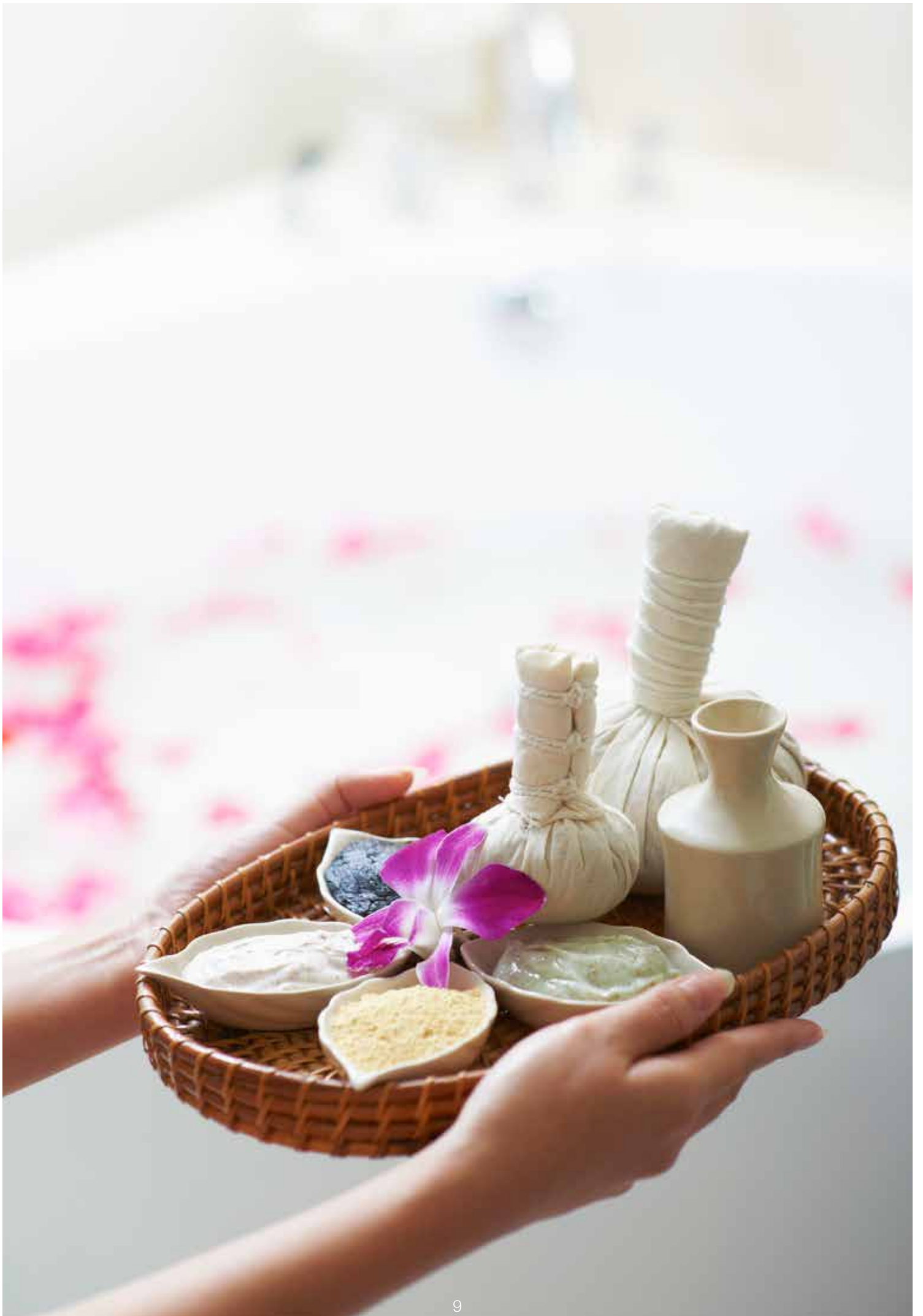
Relax in a calming cocoon of gently cleansing and hydrating green tea. Emerge pure and beautifully refreshed.

#### ELEMIS BODY NECTAR NOURISHING WRAP- FRANGIPANI (60 minutes)

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

### 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

#### ELEMIS PRO-COLLAGEN AGE DEFY

(60 minutes)

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.

#### ELEMIS WHITE BRIGHTENING PIGMENT PERFECTOR

(60 minutes)

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.

#### ELEMIS SUPERFOOD PRO-RADIANCE

(60 minutes)

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Leaving skin plumper, radiant and lit up with good health.

#### ELEMIS SENSITIVE SKIN SOOTHER

(60 minutes)

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

### MEN: TOUCH

#### ELEMIS HIGH PERFORMANCE SKIN ENERGISER

(60 minutes)

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises 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)

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

#### RAINBAR SHOWER

(30 minutes)

Both invigorating and soothing, this powerful hydro therapy relaxes muscles, and can be added on as a refreshing blast to rinse off a scrub or wrap

#### ANANTARA MILKY BATH COLLECTION

(30 minutes)

Choose from Anantara's signature Milk 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.



## BEAUTY SALON

Enjoy a professional range of nail and depilatory salon services.

### DELUXE MANICURE

Relax as an expert therapist treats your hands and nails to a sequence of soaking, filing and buffing, a nourishing mask and gentle massage, before applying an immaculate paint finish.

### DELUXE PEDICURE

Feet are first soaked to soothe and soften, then clipped, filed and buffed to perfection. A foot mask replenishes vital moisture and a massage deeply relaxes. An immaculate paint finish concludes this lavish beauty ritual.

### FRENCH FINISH

Add to any manicure or pedicure.

### PAINT CHANGE

Hands or Feet.

### HAIR TREATMENT

Shampoo and Blow Dry



## SPA ETIQUETTE

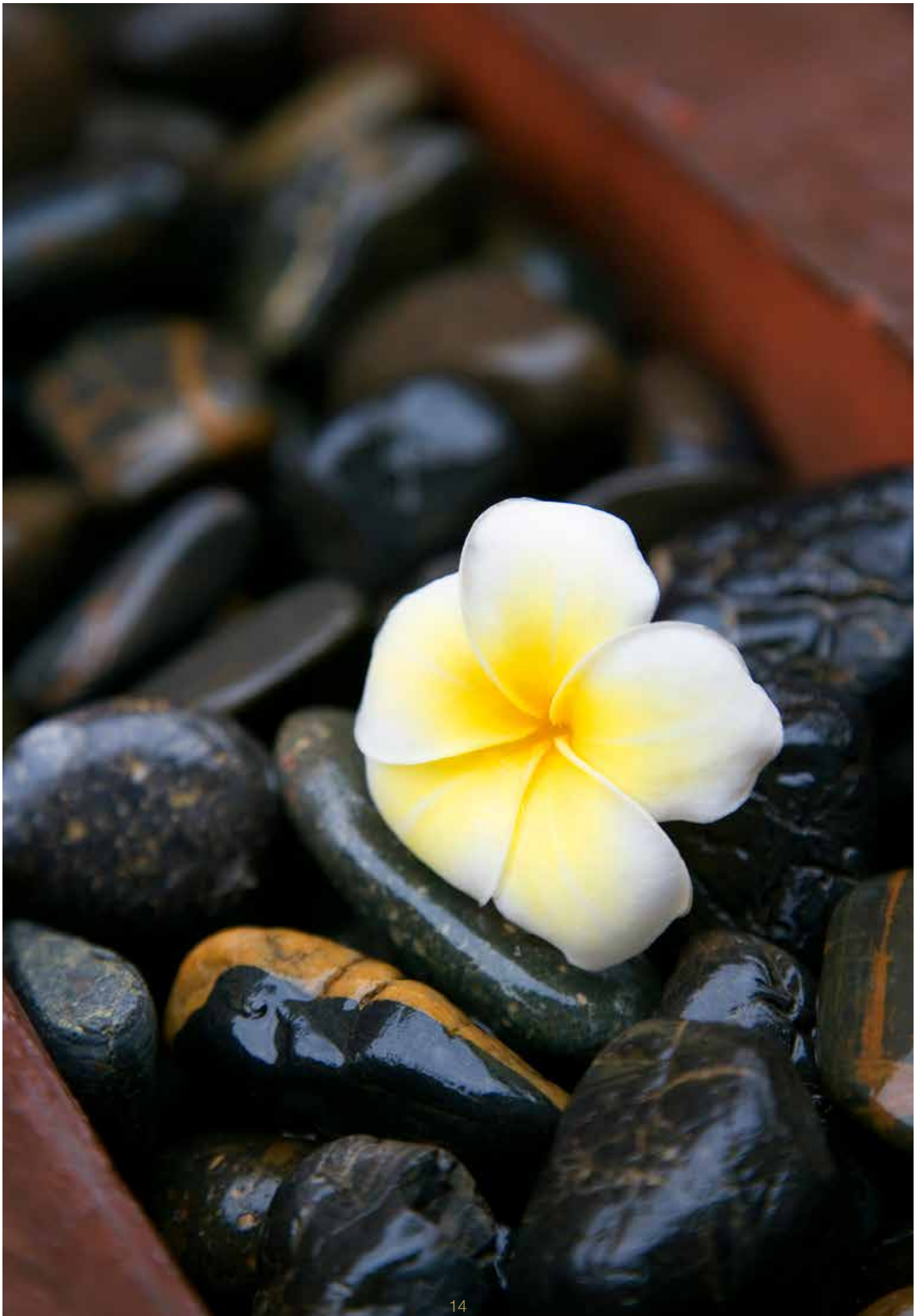
- Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings before and after your treatment.
- Please note that spa is unsuitable for small children and babies, unless receiving treatment. We try to ensure that our guests benefit from the tranquil surroundings.
- We recommend that you leave all jewelry in your room before coming to the spa.
- Please give five hours cancellation notice on individual treatments and twenty-four 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 treatments to ensure that maximum results are achieved.
- Smoking and use of mobile phones is not permitted in the Spa.
- 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 spa receptionists of any existing medical conditions.

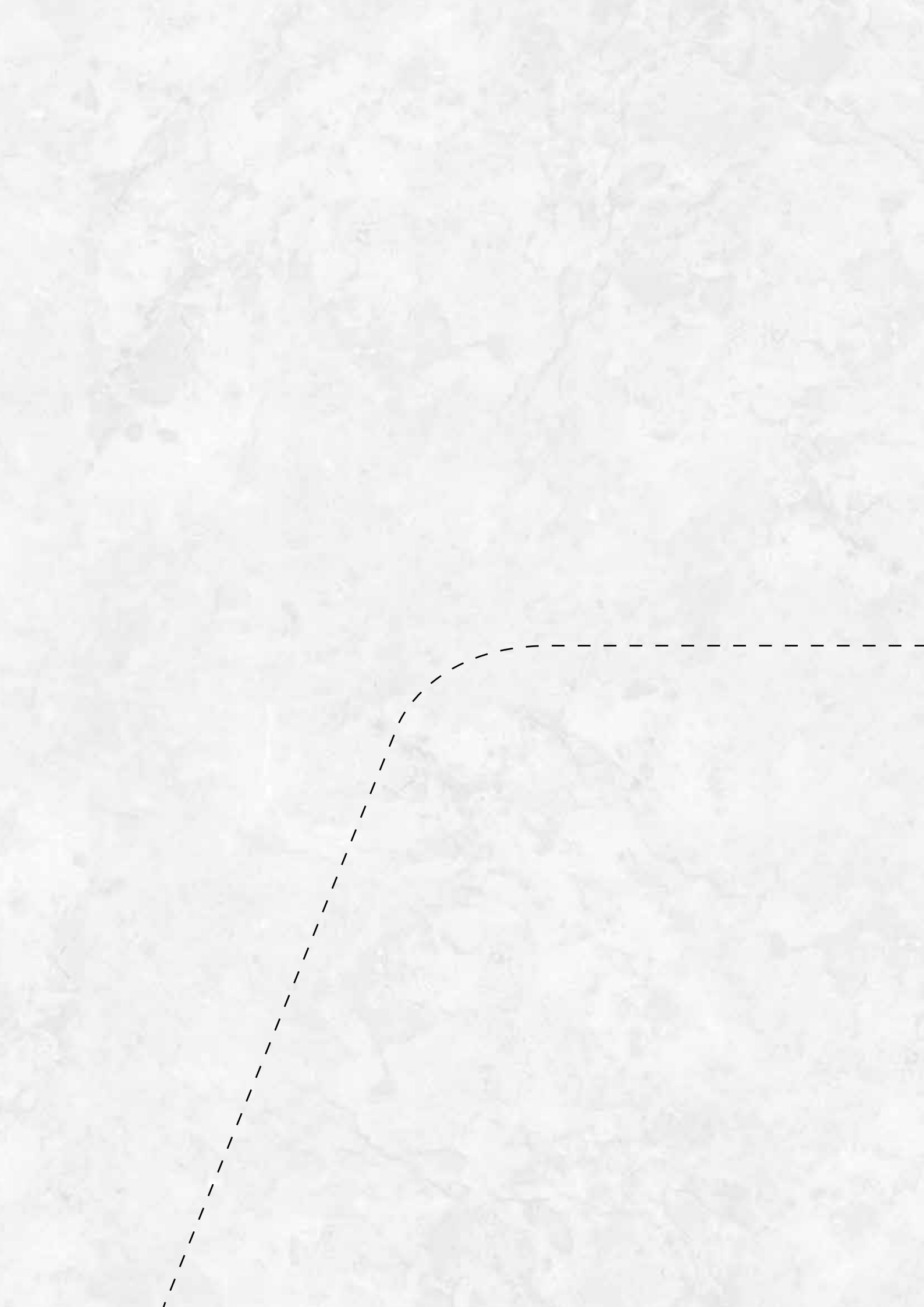
All prices are in Thai Baht and are subject to 10% Service Charges and applicable Government Tax. Prices are subject to change without prior notice.

Treatment available from 9.00 a.m. – 9.00 p.m.

For reservations, please contact Anantara Spa Tel: 032 530 250 Ext: 1803









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