

JOURNEYS INTO
WELLBEING AND SERENITY.


ANANTARA
SPA


ANANTARA
SPA



A SERENE GARDEN SPA, EMBRACED BY ANDAMAN COASTAL BEAUTY.

Rooted in Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins, and our luxurious spa brings this philosophy to life through time honoured treatments and heartfelt service.

Escape into a garden spa of lotus pond beauty and Thai inspired luxury, where exotic aromas soothe the senses. Put your beauty and wellness needs in the caring hands of highly skilled therapists, who personalise each journey. Discover the true meaning of relaxation with an extensive menu of wellness traditions that have been handed down through the generations in Thailand, China and India, complemented by a selection of results driven western therapies.

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

Opening hours: 10.00 am – 10.00 pm

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

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



HIMALAYAN THERMAL THERAPY

90 minutes

Harnessing the ancient energy of the Himalayan Mountains we use artisanal, 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 relieves muscle tension, stimulates circulation and leaves your skin with a healthy glow. This full body ritual is crowned off with a deeply rejuvenating head massage based on ancient techniques with an Anantara signature twist.

BESPOKE SPA EXPERIENCE

90 minutes

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. Then let us tailor the perfect treatment.

LAYAN SIGNATURE RITUAL

120 minutes

Enjoy a private tea service as you soak in a milky bath laced with fresh red rose petals. Experience the remedial power of Thai herbs and customise your massage with aromatic oil blends. Stress and anxiety are soothed away with a head massage, which also conditions hair and skin with warm coconut oil.

Floral Foot Ritual • Layan milky Bath • Thai Herbal Compress Massage • Head Massage with warm Coconut Oil • Refreshment



LOCAL INDIGENOUS EXPERIENCES

SEASHELL AND HERBAL THERAPY

90 minutes

Take a relaxing breath as you tune into the sound and energy of the sea from a shell held close to your ear. Unwind with gentle warm hand strokes and acupressure to coax deep relaxation. Heated seashells enhance your experience to relieve aches and pains while calcium ions help firm and regenerate your skin. A heated herbal compress improves circulation, soothes muscle tension and joint stiffness, offering a wealth of remedial benefits. Emerge feeling a serene sense of calm and grounding.

ANDAMAN SEA HEALING JOURNEY

120 minutes

Anantara Spa offers an exclusive pearl and sand treatment that leaves your skin feeling smooth, purified and rejuvenated. The 2-hour treatment begins with a pearl body scrub exfoliation to gently remove dead skin cells and promote glowing skin. This is followed by a heated sand poultice body massage using carefully selected herbal oils to soothe muscle tension and stiffness.

Floral Foot Ritual • Pearl Body Scrub • Sand Poultice Compress





SPA RITUALS

JOURNEY OF SIAM

135 minutes

Immerse yourself in Thailand's exotic beauty and wellness culture. A coconut mint scrub polishes, moisturises and softens skin, while enlivening the senses. A Thai herbs and spices poultice reduces negative energy and sluggishness, soothes muscle tension and eases stiffness, followed by a full body massage with carefully selected herbal oils.

Floral Foot Ritual • Essence White Coconut Mint Scrub • Thai Herbal Compress Massage • Refreshment

LAYAN SLIM-DETOX DELIGHT

130 minutes

Feel revived by this cleansing and calming journey. Inhale the healing properties of Thai herbs in a relaxing steam. The therapeutic properties of green tea detox the body and refresh the mind. To conclude, a powerful blend of massage and detoxifying oil targets, tones and tightens hips, thighs, abdomen and backs of arms. Aim to reduce the appearance of cellulite after just one treatment.

Floral Foot Ritual • Thai Herbal Steam • Detoxifying Green Tea Scrub • Detoxifying body massage • Refreshment

AT ANANTARA SPA

ROMANCE TREATMENT FOR TWO

135 minutes

Steal away with your loved one for a romantic Spa retreat at Anantara Spa Layan and indulge in pampering treatments that will help you reconnect with one another. Enjoy a tropical body scrub with coconut and mint followed by a 90-minute bespoke massage designed to suit your needs and mood. Highlight the areas you wish to focus on or the benefits you'd like to receive. To complete your stress-release romantic retreat, enjoy a glass of Champagne.

Floral Foot Ritual • Coconut Mint Body Scrub • Bespoke Massage • Glass of Champagne

ROMANTIC RENDEZ-VOUS FOR TWO

195 minutes

Embark on a sensual journey, for just the two of you. A scrub of mineral rich salts and hibiscus cleanses and exfoliates. Enjoy a private tea service as you soak in a milky bath. Feel how our Stress Release Massage uses strokes and acupressure techniques, with a signature aromatherapy oil of your choice, to coax your entire being into deep relaxation. To conclude this romantic retreat, a cutting-edge facial uses plant extracts to lift and firm the skin.

Floral Foot Ritual • Anantara Milky Bath • Essence white coconut body scrub • Stress release body massage • Biologique recherche facial • Glass of Champagne



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

RESTFUL SLUMBER JOURNEY

90 minutes

Soak in a bath filled with cannabis salts and feel stress melt away. An oil massage follows, scented with your choice of cannabis-lavender or cannabis-rice milk to relax from within and beautify from without as your skin is restored and renewed. Return home to the deepest of sleep as your body and mind find peace.

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

HEAD-TO-TOE CALMING JOURNEY

90 minutes

End a tiring day with head-to-toe relaxation. Begin with an energising foot scrub to reduce any swelling. Breathe in the scent of coconut oil as your scalp is massaged and you switch off and transcend to the tropics. A foot massage with cannabis balm follows to relieve deeper pains and repair dry skin.

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

CANNABIS STRESS-RELEASE JOURNEY

90 minutes

For those suffering from office syndrome or back and neck pain discover the healing powers of cannabis in essential oil and herbal form. A full-body massage induces deep relaxation, increasing blood flow and detoxification. A warm herbal compress then releases any built-up tension along the spine.

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





MASSAGE

TRADITIONAL THAI MASSAGE

60 / 90 minutes

Passed down through generations, this unique massage 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 massage and stretching techniques effectively release tension, increase flexibility and boost vitality.

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.

STRESS RELEASE MASSAGE

60 / 90 minutes

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.

FREESTYLE DEEP TISSUE MASSAGE

60 / 90 minutes

Our 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.

PEACEFUL PREGNANCY MASSAGE

60 / 90 minutes

Performed on a pear-shaped beanbag that moulds to every curve, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

BAMBOO MASSAGE

90 minutes

Discover deep relaxation through China's ancient healing wisdom. Using aromatic oil and a set of warmed bamboo sticks in various sizes, this distinctive massage incorporates stroking and rolling techniques to release muscular knots and tension, reduce toxin accumulation and fluid retention, while encouraging healthy circulation.

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.

EXPRESS MASSAGE

30 minutes

We offer a 30-minute oil massage focusing on a particular area according to your preference or need.

BALANCE WELLNESS

SHIRODARA

60 minutes

Calm the mind and spirit with this gentle Ayurvedic treatment. Warm oils are poured over the forehead, opening the third eye in a soothing flow. This profoundly relaxing treatment improves memory, reduces stress and anxiety, relieves insomnia and nourishes the hair and scalp.

INDIAN HEAD MASSAGE

60 minutes

This soothing yet energising Indian head massage combines pressure point techniques and stretching movements to relieve tension in the head and neck. At the same time as restoring tranquility, this massage can also help to relieve insomnia, chronic headaches and migraines.

CHI NEI TSANG ABDOMINAL MASSAGE

60 minutes

This traditional Chinese technique releases and promotes healing by massage directly over the navel and surrounding abdominal area where tension and negative emotions accumulate.

ANANTARA LAYAN WELLBEING PACKAGE

270 minutes

Designed to purify, renew and recharge, our exclusive 270-minutes package brings a total transformation – and acts as the perfect overindulgence tonic. Boost vital energy with mindful holistic exercise. Nurture radiance from the inside out with nutritious wellness detox juices. Relax into rejuvenating spa treatments. Enhance your stay with a beautiful new balance.

PACKAGE INCLUDES:

- Thai Herbal Steam (30 minutes)
- Private Yoga or Thai Hermit class (60 minutes)
- Detoxifying Green Tea Scrub (30 minutes)
- Anantara Signature Massage (90 minutes)
- Biologique Recherche Facial (60 minutes)
- 2x Detox Juice Shots
- Herbal Tea Refreshment

ANANTARA 5-DAY WELL-BEING RETREAT

Begin your path towards a balanced mind, body and soul with this holistic retreat. Unwind and forget about your worries under the healing hands of our therapists. Pamper yourself, bringing out your inner glow with beautifying rituals. Delicious and nutritious cuisine will leave you invigorated. Leave revitalised, renewed and balanced.

Day 1: Awakening

- Relaxing Milky Bath (30 minutes)
- Anantara Body Scrub (30 minutes)
- Anantara Signature Massage (90 minutes)

Day 2: Holistic Wellbeing

- Basic Yoga
- Cannabis Body Treatment (90 minutes)
- Healthy Refreshment

Day 3: Beautifying

- Healthy Spa Cuisine
- Detox Drink

Day 4: Cleansing

- Biologique Recherche P50 or Gommage New Skin Scrub (60 minutes)
- Stress Release Massage (90 minutes)
- Healthy Refreshment

Day 5: Rejuvenating

- Signature Facial – Alternative to Botox (90 minutes)
- Healthy Refreshment

HIMALAYAN SINGING BOWLS THERAPY

Himalayan singing bowl sound therapy is an ancient form of rejuvenation. The bowls are made on full moon nights in Nepal using seven metals. Singing bowls are used for deep relaxation and to release chakra blockages to encourage energy flow. Each bowl has its own unique tone and aids in treating mental or emotional anxiety, depression and insomnia whilst stabilising blood pressure.

BALANCING SOUND HEALING

45 minutes

This singing bowl therapy starts with an aura cleansing session to rid the body of negative energy. The treatment is designed for a full body function re-balance. The calming and resonant sounds help to reduce stress, anxiety, migraines and hypertension as well as improve your sleep cycle and overall sense of wellbeing.

RELAXING SINGING BOWL THERAPY

60 minutes

Our body is not only physical and mental but also made up of energy. The chakra system holds our body's energy, "Prana" or life force as it is known in Ayurveda. Our practitioner uses the singing bowls and works along the seven chakras in the body. The sound waves and vibrations from the singing bowls bring the body and mind to a state of deep relaxation.

BACKACHE THERAPY WITH SOUND HEALING

60 minutes

With the sound wave and vibration of rolling techniques, pain is relieved in focused areas. This restorative treatment is ideal for office syndrome, back, neck and shoulder pain. A soothing back massage is combined with sound healing to treat muscle tension and pain.



BODY TREATMENTS

ESSENCE WHITE COCONUT MINT SCRUB

45 minutes

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

DETOXIFYING GREEN TEA SCRUB

45 minutes

Cleanse and polish your body with nature's purifying goodness. The therapeutic properties of green tea nurture beautiful healthy skin, and a refreshing aroma clears the mind.

ALOE AFTER-SUN SOOTHER WRAP

45 minutes

Pamper sun-kissed skin with a cooling application of fresh Aloe Vera gel and a poultice of cold black tea and mint to decrease redness and pain.

SLIMMING & ANTI-CELLULITE BODY TREATMENTS BIOLOGIQUE RECHERCHE

P50 or GOMMAGE NEW SKIN SCRUB

60 minutes

This full body scrub and massage eliminates dead skin cells and impurities by improving the epidermis' natural exfoliation process. The highly active ingredients of the P50 lotion promotes skin resurfacing and stimulation of cellular renewal. Restores your skin's hydration for softer more even toned all over healthy glow.





DETOXIFYING SLIMMING ALGAE BODY WRAP

60 minutes

The Biologique Recherche slimming body wrap detoxifies the epidermis, tones, eliminates skin's impurities and stimulates the release of excess water. This treatment features a full body energising exfoliate using a stimulating body glove coupled with P50 lotion. The highly active ingredients of P50 promotes skin resurfacing and stimulation of cellular renewal. The heated body wrap helps improve micro-circulation and dissolves unwanted adipose fat. The thermal effect of the algae releases marine active ingredients that purify the body of many toxins.

BIOLOGIQUE RECHERCHE ANTI-CELLULITE TREATMENT

75 minutes

This body slimming, anti-cellulite and body firming treatment includes an exfoliation treatment with P50 lotion. Use of a silicone mitten throughout the body treatment ensures improved blood circulation. Furthermore, massaging movements in synergy with a combination of Biologique Recherche body products such as serums, oils and crèmes contribute to proper lymphatic drainage, breakdown of fat deposits and cellulite as well as reduce water retention. The main benefits of this Body Contouring Treatment is the firming, lifting action which improves blood circulation, leaving your skin feeling smooth, soft and hydrated.

BIOLOGIQUE RECHERCHE LIFT CORPS FIRMING & TONING TREATMENT

75 minutes

A firming and toning treatment that produces a slimmer shape and skin texture smooth and re-sculpted.

BODY RETREAT

3-DAY LAYAN ANTI-AGING BODY RETREAT WITH BIOLOGIQUE RECHERCHE

DAY 1: DETOXIFIES, REVIVES, ELIMINATES (2 hours)

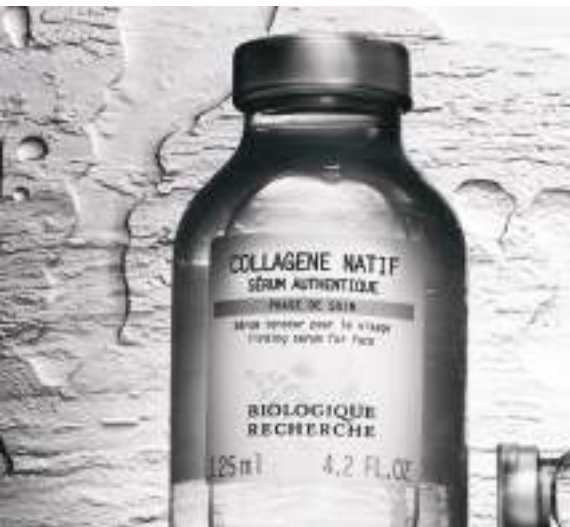
- Thai Herbal Steam & Shower (15 minutes)
- P50 Gommage New Skin Scrub (30 minutes)
- Detoxifying Algae Treatment (30 minutes)
- Slimming, Firming and Toning Massage (45 minutes)

DAY 2: SLIMMING (1 hour 15 minutes)

- Epidermal preparation: Lotion P50 Body with Glove & Massage (30 minutes)
- Anti-cellulite & Re-modelling Shape (45 minutes)

DAY 3: SLIMMING (1 hour 45 minutes)

- Epidermal preparation: Lotion P50 Body with Glove & Massage (30 minutes)
- Lift Corps Firming & Toning treatment (75 minutes)





BODY RETREAT

5-DAY LAYAN ANTI-AGING BODY & FACE RETREAT WITH BIOLOGIQUE RECHERCHE & INTRACEUTICALS

DAY 1: DETOXIFIES, REVIVES, ELIMINATES (2 hours 30 minutes)

- Thai Herbal Steam & Shower (15 minutes)
- P50 Gommage New Skin Scrub (45 minutes)
- Personalised body massage depending on your needs (30 minutes)
- Biologique Recherche Facial Treatment (60 minutes)

DAY 2: SLIMMING (2 hours)

- Lotion P50 Body with Glove & Massage (30 minutes)
- Detoxifying Algae Treatment (30 minutes)
- Slimming, Firming and Toning Massage (60 minutes)

DAY 3: SLIMMING (2 hours 45 minutes)

- Lotion P50 Body with Glove & Massage (30 minutes)
- Lift Corps Firming & Toning treatments (75 minutes)
- Biologique Recherche Facial treatment (60 minutes)

DAY 4: FIRMING & TONING (2 hours)

- Lotion P50 Body with Glove & Massage (30 minutes)
- Detoxifying Algae Treatment (30 minutes)
- Slimming, Firming and Toning Massage (60 minutes)

DAY 5: FIRMING & TONING (2 hours)

- Personalized body massage depending on your needs (60 minutes)
- Intraceuticals Oxygen Facial Treatment (60 minutes)



TOUCH: ANTI-AGEING

INTRACEUTICALS OXYGEN TREATMENT

Intraceuticals Oxygen Treatment is the must-have treatment of celebrities and beauty enthusiasts alike. Unique to any other treatment on the market, Intraceuticals Oxygen Treatment uses therapeutic-grade oxygen and hyaluronic acid, an ingredient naturally found in the skin, to deliver specialised active serums to the skin. The unique technology and specially formulated procedure leaves skin looking noticeably brighter, firmer, and more flawless immediately following treatment. Even more lift and lustre can be seen as results intensify in the following hours post treatment. Depending on individual skin types, treatments can also be focused to address individual issues such as wrinkles, hyper-pigmentation or blemishes.

SIGNATURE FACIAL

90 minutes

Alternative to Botox for Face, Lips & Eyes This is the treatment that everyone is talking about—the ultimate in skin rejuvenation, total anti-aging with instant visible results. The treatment allows the powers of the Rejuvenate or Opulence and Atoxylene Treatment to combine and instantly hydrate the skin, minimise the appearance of dark spots, enhance brightening, and reduce the appearance of fine lines and wrinkles while tightening and firming for more defined facial contour.

Skin types: all

CLARITY TREATMENT

60 minutes

In just one treatment, your skin will look and feel cleansed and calm. Acne affected skin is soothed and visibly refined while oil free lotions ensure moisture balance is maintained to help defend against future breakouts. Soothing botanicals naturally help reduce bacteria to calm inflammation and redness. Helps control excessive cellular build-up and oil production while clarifying and refining the skin.

Skin types: oily and blemish-prone

Targeted results: congested/blocked pores · blemishes · visible redness · stressed skin · premature ageing

REJUVENATE TREATMENT

60 minutes

This skin quenching treatment provides the ultimate in intense hydration. Perfect for all skin types, the Rejuvenate Serum contains vitamins and antioxidants that dramatically lift, tone and hydrate the skin, while enhancing volume and facial contour and reducing the appearance of fine lines and wrinkles. Results are not only instant but continue to improve in the following days.

Skin types: all

Targeted results: premature ageing · fine lines · wrinkles · dehydration dryness · sagging · loss of elasticity · dark circles · puffy eyes · visibly stressed skin

OPULENCE TREATMENT

60 minutes

Reveal a more radiant you! The Opulence Treatment combines botanical brighteners and super-concentrated Vitamin C to brighten and balance dull, uneven skin tone. Pigmentation is minimised, leaving your skin luminous, toned and more radiant. Results are not only instant but continue to improve in the ensuing days following the treatment.

Skin types: uneven and dull skin

Targeted results: dark spots · pigmentation · premature ageing · fine lines · wrinkles · dehydration · dryness · sagging · loss of elasticity · dark circles · puffy eyes · visibly stressed skin

ATOXYLENE TREATMENT

30 minute add-on

Alternative to Botox

This targeted treatment is a non-surgical alternative to more invasive procedures designed specifically to refine the forehead, soften eye contour and immediately plump and smooth the lips. The skin instantly looks smoother and feels tighter and firmer. The Atoxylene Serum contains natural amino acids which instantly firm, lift and plump up your skin, dramatically reducing the appearance of fine lines and wrinkles.

Skin types: all

Targeted results: premature ageing · fine lines · wrinkles · sagging · loss of elasticity

TOUCH: BIOLOGIQUE RECHERCHE SKIN SOLUTIONS

The Biologique Recherche methodology is based on nearly forty years of experience using innovative products and meticulous protocols. The products are formulated with high concentrations of active ingredients derived from natural or biotechnological compounds and are fragrance-free.



DETOXIFYING & PURIFYING FACIAL 60 minutes

This soothing treatment rectifies skin 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.

Skin Instants: *problematic, congested and dull skin*

COOL & CALM FACIAL 60 minutes

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.

Skin Instants: *sensitive, reactive skin*

OXYGENATING FACIAL 60 minutes

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

Skin Instants: *devitalised and stressed skin*



FACE: ANTI-AGING BOOSTERS

SOIN LISSANT

90 minutes

IMMEDIATE RECONDITIONING TREATMENT

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 defense 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.

Skin Instants: sensitive, reactive, stressed and traumatised skin

MC110 BOOSTER

90 minutes

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.

Skin Instants: undernourished, thick and lifeless skin

SOIN OXYGÉNANT VIP O2

90 minutes

A regenerating and revitalising 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, oxygenises and detoxifies your skin leaving your face, neck and chest smooth, brightened and glowing.

LIFT C.V.S

90 minutes

An exfoliating and lifting treatment combined with a unique manual technique that are thick or lacking tone. The skin is revitalized, smoothed, more toned and firming.

Skin Instants : Thick, sagging, lacking tone skin, mature skin

FACIAL TREATMENT

ANANTARA FACIAL TREATMENT

60 minutes

Let nourishing plant extracts revitalise your skin. Carefully blended jasmine oil, white orchid extract and green tea, encourage cell renewal and oxygenation. A gentle massage induces deep relaxation, while our herbal mask restores a natural balance.

EXPRESS FACIAL

30 minutes

Renew and maintain a healthy complexion for those people always on the go. Deeply hydrating treatment to rejuvenate the skin in a flash.



JUST FOR KIDS

We want your child to experience our spa in the same way you do. The following menu of select services are designed exclusively for children from the ages of 5 to 12 years old.

MINI ME MASSAGE* 30 / 45 / 60 minutes

A relaxing massage using long strokes and soft pressure with a chocolate and orange blossom massage oil. After an action-packed day, this treatment helps calm the body and mind.

** Children must be accompanied by an adult.*

PRINCESS MANICURE 30 minutes

This fun, strawberry spa manicure is a delightful experience. The hands are soaked and cleaned with a fruity strawberry cleanser and massaged before a strawberry mask is applied. After a neat nail trim, your little princess chooses a colour to paint her fancy nails.

PRINCESS PEDICURE 30 minutes

Little feet are soaked and cleaned with a fruity strawberry cleanser and massaged before a strawberry mask is applied. Nails are trimmed and painted with your little girl's choice of colour before they step out in style.

BUBBLES FOR THE YOUNG AT HEART 30 minutes

Anantara's secret recipe offers fun in the tub just for kids. Bubbles and toys to play with keep little ones happily entertained, while they soak up the natural goodness of lavender oil and aloe vera gel. A strawberry float with fresh fruit and marshmallow chocolate fondue makes bath time a delicious treat.







BATH RITUALS

ANANTARA MILKY BATH

30 minutes

Enjoy a private tea service and indulge in some pampering as the aromas of our signature Milky Bath balance your body, mind and spirit.

CANNABIS BATH

30 minutes

Soak in a bath filled with cannabis bath salts that help to relax the mind and body. Stress levels drop, muscles relax and the skin is rehydrated.

IN LOVE – FOR HONEYMOONERS

30 minutes

Perfect for romance, this bath ritual designed especially for couples, comes with a dose of sensuality. Relax together in a candlelit floral bath, infused with signature aromatherapy oils. Enjoy intimacy with two glasses of sparkling wine, strawberries dipped in chocolate, and assorted truffles and chocolates for extra indulgence.

HAND & FOOT CARE

- Spa Manicure
- Spa Pedicure
- Spa Manicure with Gel Nail Painting
- Spa Pedicure with Gel Nail Painting
- Gel Nail Painting
- Gentlemen's Manicure
- Gentlemen's Pedicure

WAXING

- Full Arm
- Half Arm
- Underarm
- Full Leg
- Half Leg
- Bikini Line
- Brazilian
- Full Leg with Bikini

SALON SERVICES – HAIR CARE

- Hair Wash and Blow Dry (60 minutes)
- Woman's Hair Cut with Blow Dry (60 minutes)
- Men's Hair Cut with/without Blow Dry (60 minutes)
- Hair Conditioning Treatment (90 minutes)





SPA ETIQUETTE

SPA HOURS

Anantara Spa Layan is open from 10:00 am to 10.00 pm daily.

ARRIVAL

Please arrive 15 minutes before your scheduled treatment time in order to complete your health assessment form and take time to relax in our tranquil surroundings before your treatment.

LATE ARRIVAL

If you arrive late for your appointment, you will receive the best treatment possible within the remaining appointment time. Full treatment costs apply.

CANCELLATION POLICY

We require 5 hours' notice for a cancellation or re-scheduling of any appointment, otherwise 50% of the price may be charged to your account.

HEALTH

Please advise us of any health conditions, allergies, injuries and pregnancy. Our receptionists are well versed and will recommend the desired treatment which will delight your senses.

CHILDREN

Please note that the spa is unsuitable for small children and babies, unless receiving treatment from our Kid's Spa Menu, as we try to ensure that all our guests benefit from the tranquil surroundings.

JEWELLERY

We recommend that you leave all jewellery in your villa before coming to the spa.

MEN

Please shave 4 hours prior to all facial treatments to ensure that maximum results are achieved.

MOBILE PHONES

As a courtesy to other guests, please switch off your mobile phone or place it on silent mode at all times whilst in Anantara Spa Layan.

NO SMOKING ZONE

Smoking is not permitted in the spa.

SPA ATTIRE

Your privacy will be respected at all times. Disposable underwear is provided and should be worn during the treatment. Robes and slippers are provided for your comfort.

WEDDING PLANNER

In preparation for your special day, we will be delighted to create personalised packages to ensure that you achieve the results you desire or you can choose from our Love Essentials.

COUPLES SUITE

Enjoy treatments with a partner in Anantara Spa Layan's marvellous couples' suite, which has its own bath, steam room and changing room.

HOMECARE

Retail items are available to purchase however, they cannot be returned or exchanged after the day of purchasing.

RESERVATIONS

To make a reservation please contact Anantara Spa on Ext. 541.



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