

# SPA MENU

Guests provided with vouchers may redeem them for any of the following treatments.

Each voucher is redeemable for one treatment.

Your choice of spa treatment can be redeemed between 11th and 15th December 2025.

Complimentary access to the hotel Steam Room and Sauna is available for all guests during the designated hours.

To make a booking, or for further information, please dial "0" and ask for the Spa.

## THAI

### The Warrior Journey - 60 mins

Experience rhythmic strokes, acupressure, gentle twists, and deep stretches to release tension and promote overall well-being. Begin with stretches for stiff muscles and energy blockages, followed by a full-body massage, and conclude with Pranayama to relax and re-centre the mind.

### Lukprakob Massage - 60 mins

Traditional poultices made from Thai herbs and spices are heated then kneaded across the body. A full-body massage with herbal oil follows, soothing tense muscles, easing stiffness, and removing negative energy that causes sluggishness.

### Raksa Aa-Gaan Massage - 60 mins

Our expert therapist will utilise a variety of traditional techniques – acupressure, stretching and deep tissue massage – to relieve pain as well as fatigue, and with a boost of circulation leave you feeling energised.

## MAGNESIUM

### Immunity Recharge Magnesium - 60 mins

This deep tissue massage, reinforced by magnesium's natural healing properties, is designed to release muscle fatigue and detoxify. Enjoy an overall sense of wellbeing as well as improved, deeper sleep.

## AYURVEDA

### Shirodhara - 60 mins

From the Sanskrit "shiro" (head) and "dhara" (flow), enjoy a therapeutic Indian head massage followed by the pouring of warm herbal oil on the forehead (third chakra) to relieve stress and mental exhaustion.

### Abhyanga Massage - 60 mins

Abhyanga means "to anoint", and warm, herb-infused oils are lightly massaged into the skin using long, soothing strokes. As the oils penetrate the skin, toxins and impurities melt away, reducing muscle tension and calming the nervous system.

### Kundalini Massage - 60 mins

Relieve tension, release negativity, and restore balance with the soothing sound of singing bowls and the massaging of the spine and lower back to activate and channel the kundalini – the dormant energy at the base of the spine.

### Indian Head Massage - 60 mins

This soothing yet therapeutic massage combines pressure-point work and stretching to relieve tension in the head and neck, helping to relieve insomnia, chronic headaches, migraines and sinusitis.



## MASSAGE

### Anantara Signature Massage - 60 mins

Combining Eastern and Western techniques with our signature oil blend, this massage stimulates the circulation and deeply relaxes muscles. Reflexology, meanwhile, clears blockages of energy and promotes overall wellbeing.

### Desert Fusion Massage - 60 mins

A blissful combination of heat, oil and massage, enjoy gentle kneading with hot stones, as well as heated Rub' Al Khali sand poultices filled with restorative minerals that release muscle tension, detoxify and deeply relax.

### Anantara Signature Four-Hand Massage - 60 mins

Let tension melt away with a heavenly four-hand massage performed by two therapists, who in tandem massage and use pressure-point techniques to produce waves of relaxation and sooth body and mind.

### Deep Tissue Massage - 60 mins

Your therapist will work on the body's pressure points using palms and elbows to knead and stretch, stimulating blood circulation, releasing muscle tension, and restoring the flow of energy along the meridian lines.

### Stress-Release Massage - 60 mins

Using a combination of strokes and acupressure techniques, along with the signature aromatherapy oil blend of your choice, this gentle massage provides deep relaxation and pure pleasure.

### Balinese Massage - 60 mins

An ancient art, Balinese massage uses fragrant aromatherapy oil coupled with long, gliding movements, skin rolling and firm kneading of pressure points to relieve tension and improve blood flow.

### Traditional Thai Massage - 60 mins

Relish in a stimulating specific technique massage, which is passed down through the generations, known to many as "passive yoga". Designed to boost circulation and relieve headaches, this Thai massage by our expert therapist is sure to leave you feeling energized and blissfully stress-free.

### Oriental Foot Massage - 60 mins

Experience holistic balance and deep relaxation. This fascinating treatment provides physical and spiritual renewal by applying specific thumb, finger, and hand techniques to various reflex points on the feet to effectively stimulate corresponding organ groups in the upper body to promote general wellbeing.

### Jet Lag Massage - 60 mins

Experience the relief after your journey, with a full body massage releasing your muscle tension and stimulating the circulation and resetting the internal clock with this balancing massage. The massage focuses on the legs, lower back, neck and shoulder, leaving you to enjoy your holiday from the very first day you arrive.

## BODY

### After-Sun Body Soother - 45 mins

A naturally cooling mask of aloe vera, cucumber and yoghurt is applied to your body to soothe sensitive skin, with a scalp massage to relax in the meantime. After showering, an herbal gel will then be applied to lock in moisture.

### Rhassoul Clay Body Mask - 45 mins

Remove toxins as the ancient Moroccans did, with mineral-rich rhassoul clay drawing out all impurities and hydrating your skin.



## EXPRESS TREATMENTS

### Traditional Body Scrub - 30 mins

Renew your skin from head to toe with a gentle polish of your choice from sea salt, brown sugar, dates, coffee, grated coconut mixed with virgin coconut oil and this treatment is the perfect match to a body wrap.

### Traditional Bath - 30 mins

Treat yourself to a nurturing bath scattered with wildflowers and let your mind, body and soul re

### Scalp Massage - 30 mins

Ease into serenity with a deeply relaxing scalp massage designed to release tension and restore clarity. Nourishing oils and gentle strokes awaken your senses and calm your mind.

### Express Facial - 30 mins

Reveal a radiant glow with this quick yet effective facial. Tailored to your skin's needs, it gently cleanses, exfoliates and hydrates — perfect for a fresh complexion in no time.

### Back, Neck and Shoulder Massage - 30 mins

Unwind with targeted pressure on areas that hold the most tension. This focused massage melts away stress from your upper body, leaving you feeling lighter and deeply recharged.

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**Cancellations** - In case you need to cancel or re-schedule treatment, please note that the spa requires a minimum of five hours notice for spa treatments.

**Arrival** - You are encouraged to arrive 15 minutes before your treatment time. This will allow for a smooth check-in and the opportunity to tailor the treatment for your needs. Late arrivals may be subject to reduced treatment times. Please note that smoking, or use of phones is not permitted in the spa at any time.

## FACE TREATMENTS

### Soin Restructurant et Lissant - 60 mins

This gentle yet deeply hydrating facial draws on the powers of hyaluronic acid with silk and royal jelly to repair from within, particularly recommended for sensitive skin.

### Soin MC 110 - 60 mins

The ultimate anti-ageing treatment targeting fine lines and wrinkles. High levels of antioxidants coupled with vibratory massage plump and rejuvenate.

### Soin Lift CVS - 60 min

Lift slack skin with manual massage to stimulate detoxification and lymphatic flow, accelerating cell renewal for a firm, youthful radiance.

### Soin Masque Exfoliant P50 Visage - 60 mins

Smooth and brighten uneven skin, with powerful acids to accelerate the epidermis' natural exfoliating process and reconstruction of the epidermal shield.

**Attire and Valuables** - When you arrive, you will be provided with a spa robe and slippers, as well as a closet in which to place your belongings. We recommend you leave all valuables in your In-room safe, as we do not accept responsibility for lost items.

**Health** - If you are pregnant or have any pre-existing conditions or allergies, please consult a doctor before booking any spa treatments or using any spa facilities.

