

## **Anantara Spa**

### **Massages:-**

#### **Anantara 4 hand massage – 1 hr**

*2 therapists working together in perfect sync combining 5 different massage styles:- Japanese Shiatsu, Thai Massage, Lomi Lomi, Swedish and Balinese. Unbeatable relaxation.*

#### **Traditional Thai massage – 1.5 hrs**

*This very traditional treatment is a deep fully body massage using pressure point techniques and plenty of stretching. Often practised on a mattress on the floor to give your therapist greater scope to manipulate you and apply pressure using their own body weight.*

#### **Aromatherapy massage – 1 hr**

*Traditional aromatherapy treatment using a choice of 4 blended oils. Good for jetlag so book one in advance to have on arrival.*

#### **Ayurvedic massage – 1 hr**

*Developed over 5,000 years ago in India, this treatment uses hot oils, chosen to match your dosha, and helps alleviate muscle fatigue, tension and improve circulation.*

#### **Indian head massage – 1 hr**

*Using pressure point techniques and Ayurvedic oils, this treatment is good for insomnia, chronic headaches, migraines and sinusitis.*

#### **Oriental Foot massage – 1 hr**

*Slightly gentler than traditional reflexology, a cooling balm is used on the feet to help the flow of the massage. Pressure points are still worked hard in the same way as reflexology and your whole body will benefit.*

#### **Oriental Fusion – 1 hr**

*An ancient form of Thai massage using oils, this deep tissue massage will really get to the point of any pain or aches and relieve stress.*

#### **Mahout reviver back massage – 1 hr**

*You may or may not have just returned from elephant riding but if your lower back causes you discomfort then this is the massage for you. Strong strokes are used to relieve muscle tension and also help blood circulation in this area.*

**Culture of Anantara – 2.5 hrs Signature treatment.** *Combining the aromatherapy massage, followed by the Tropical Thai Indulgence below. This is followed finally by a relaxing herbal bath overlooking the hills of the Golden Triangle. Sensational.*

## **Body treatments**

### **Ultimate Spa detox**

*A clay and sea salt scrub is used to scrub and polish your skin to a shine.*

### **Tropical Thai indulgence**

*Absolutely delicious.... relax and indulge your senses while you are completely covered in an exotic blend of wild honey and brown sugar with luscious ripe bananas and fresh pumpkin to moisturise and nourish the skin.*

*Both 1 hour*

**3-7 day "Spa Journies" are also available**

**\*\*\* More single treatments available on request \*\*\***