

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

## SIGNATURE EXPERIENCES

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.

### ANANTARA LAWANA COCONUT PARADISE (200 Minutes)

Once honoured as Koh Samui's principal livelihood, the island's humble coconuts first rose to wider fame as 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

### ANANTARA SIGNATURE MASSAGE (60/90 Minutes)

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.

### 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, and we'll tailor the perfect 90 minutes treatment and offer you a choice of luxurious spa products.



## 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 moisturising coconut polish. Energising massage techniques stretch and reinvigorate the body, enhancing energy flow and overall wellbeing.

Floral Foot Ritual • Thai Herbal Steam • Essence White  
• Coconut Scrub • Traditional Thai Massage • Refreshment

### DAWN RENEWAL (165 Minutes)

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

### 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 personalized Freestyle Deep Tissue Massage.

ELEMIS Freestyle Deep Tissue Massage • Personalized Facial  
• Refreshment



## BALANCE WELLNESS

### BODY DETOX MASSAGE (90 minutes)

Based on Manual Lymphatic Drainage techniques developed in the 1930's, this treatment is a delicate form of massage that stimulates the body's lymphatic system, improving metabolism, helping the body to eliminate waste, toxins and providing a boost to the immune system. Unlike other forms of massage, lymphatic drainage uses very light pressure combined with soft pumping movements in the direction of the lymph nodes on both the face and body.

### RESTFUL SLUMBER JOURNEY (90 Minutes)

Soak in a cannabis salt laden bath and melt your stress with full body massage with choice of cannabis-lavender oil or cannabis-rice milk to improve skin elasticity and moisture retention. Finish the treatment with a soothing cup of cannabis tea with CBD benefits to relax the mind and body, ridding any anxious thoughts and preparing you for a deep and restful night's sleep. Perfect for jet-lagged travelers.

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

### CANNABIS STRESS-RELEASE JOURNEY (90 Minutes)

Reverse the effects of office syndrome or back and neck pain using the healing powers of cannabis in herbal and essential oil form. Combining the pain releasing properties of cannabis with the art form of traditional Thai herbal compress ball, Luk Pra Kob, induces deep relaxing, melting away tension along the spine, improving postural alignment and blood circulation.

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

### HIMALAYAN THERMAL THERAPY (90 Minutes)

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 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.





## 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 Class (60 Minutes)
- 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 Class (60 Minutes)
- 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 Class (60 Minutes)
- Indian Head Massage & Mini Facial (60 Minutes)
- Herbal Infusion and Dried Fruit

## 5 DAY RELAX & DE-STRESS WELLNESS PROGRAMME

Give yourself the 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.

- 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

### DAY 1:

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

### DAY 3:

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

## 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.

### BALINESE MASSAGE (60/90 Minutes)

In this authentic massage style influenced by ageless traditions, therapists use an Indonesian Floral Oil together with palm pressure and stretching techniques to relieve tension and improve blood flow, and in turn create waves of muscle relief.

### 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.

### AYURVEDIC MASSAGE (90 Minutes)

A traditional healing principle based on "Samkhya", Indian Philosophy meaning "to know the truth" This treatment uses warm herbal oils and massage techniques that suit individual constitution to treat your body, mind and spirit (Ayurvedic oil).

### 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.

### SHIRODHARA (60 Minutes)

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.

### INDIAN HEAD MASSAGE (60 Minutes)

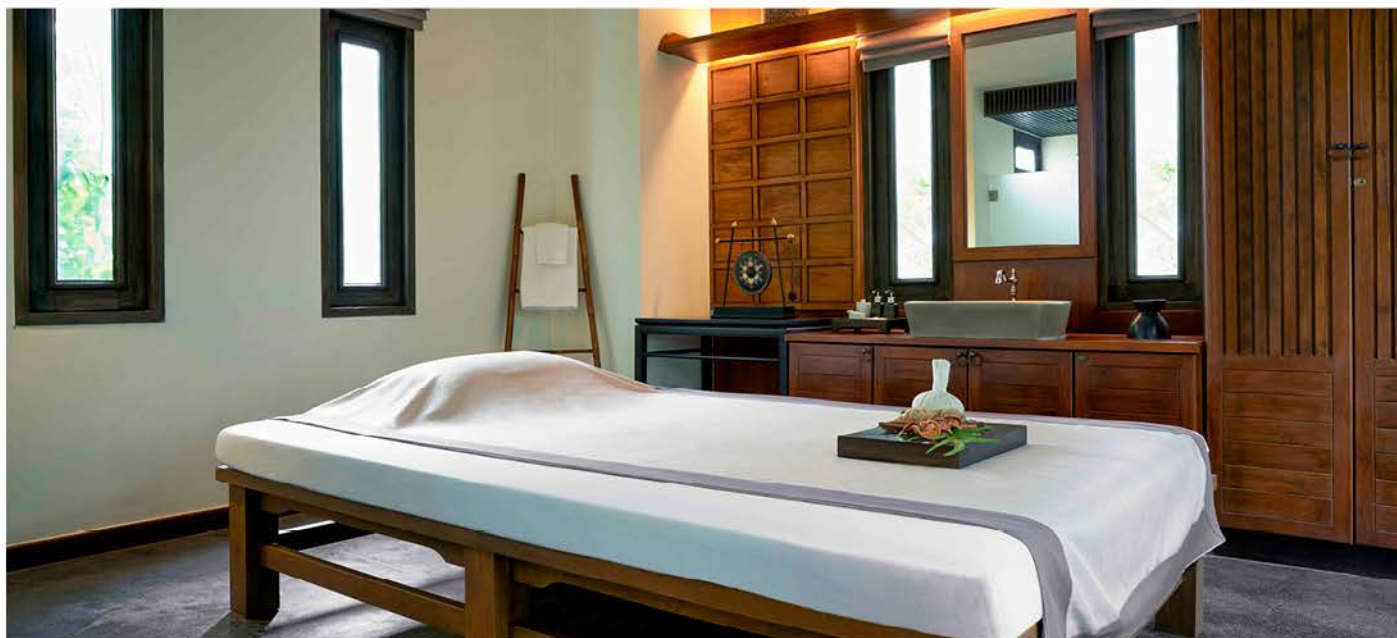
Based on Ayurvedic principles, this soothing yet energising massage combines pressure point techniques and coconut oil to relieve tension in the head and neck, whilst also helping to alleviate insomnia, chronic headaches, migraines and sinusitis.

### 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.

### PEACEFUL PREGNANCY MASSAGE (75 MINUTES)

This intuitive, restorative and relaxing massage for mothers-to-be deeply hydrates skin that is expanding to accommodate a growing baby. Aromatics are specially selected for optimum wellness and deep calm.





## BODY TREATMENTS

### BODY SCRUBS

#### DETOXIFYING GREEN TEA SCRUB (60 Minutes)

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

#### ESSENCE WHITE COCONUT SCRUB (60 Minutes)

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.

#### TURMERIC BODY SCRUB (60 Minutes)

Throughout history, turmeric has been used by Thai people for its multitude of complexion enhancing benefits. Experience this exquisite scrub infusion to leave skin beautifully clear, smooth and glowing.

### BODY WRAPS

#### ESSENCE WHITE COCONUT WRAP (60 Minutes)

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.

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

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

#### TURMERIC BODY WRAP (60 Minutes)

Discover a wellbeing ingredient revered for 2,500 years throughout India and Thailand for its ability to relieve tired muscles. Savour the healing power of this deep exotic yellow spice in a comforting wrap, warming the body, relieving aching joints and soothing sore muscles.

#### SKIN COOLING SUN SOOTHER (60 Minutes)

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





## FACIALS TREATMENTS

### ANANTARA SIGNATURE FACIAL (60 Minutes)

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.

## ELEMIS PRO-GLOW FACIALS

### PRO-GLOW RENEWAL FACIAL (60 Minutes) FOR GORGEOUS GLOWING SKIN

ELEMIS' signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow. In one treatment, skin looks visibly refreshed and rebalanced.

### PRO-GLOW SMOOTH FACIAL (60 MINUTES) THE HIIT WORKOUT FOR YOUR SKIN

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

### PRO-GLOW BRILLIANCE FACIAL (60 MINUTES) YOUR RECIPE FOR RADIANCE

Turns up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

### PRO-GLOW GENIUS FACIAL (75 MINUTES) YOUR LINE-FIGHTING SUPERHERO FACIAL

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin. Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, she will be visibly smoother, resilient and firmer-looking. An unsurpassed, line-fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.



## STEAM & BATH RITUALS

### ANANTARA MILKY BATH (30 Minutes)

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

### THAI HERBAL STEAM (30 Minutes)

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.

## BEAUTY

Spa Manicure  
Spa Pedicure  
French Finish  
Paint Change

## JOURNEY OF A FIGHTER

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.

### INTERMEDIATE MUAY THAI

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

### ADVANCED MUAY THAI

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.

### MUAY THAI RECOVERY

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.

### SELF-DIRECTED SESSIONS

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.

### PRIVATE CLASSES (60 Minutes)

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

### PRIVATE KIDS BOXING (45 Minutes)

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

### GROUP CLASSES (60 Minutes)

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

### MUAY THAI STADIUM VISITS

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



## SPA ETIQUETTE

- 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 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.

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

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

Ext: 4.





Anantara Lawana Koh Samui Resort  
92/1 Moo 2, Chaweng Beach, Bophut, Koh Samui, Surat Thani 84320 Thailand  
T +66 (0) 7796 0333 E [als\\_spa@anantara.com](mailto:als_spa@anantara.com)  
[anantara.com](http://anantara.com)