



Anantara Spa

Draw
inspiration
from the sacred flower
of the
gods





Welcome to Anantara Spa

Rooted in the beautiful country of Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins and extends seamlessly to our global reach of spas, located in the most exotic destinations around the world. While a yearning for ageless, natural remedies is answered by a finely tuned repertoire of health and beauty concepts that draw on the wellness traditions and rich indigenous ingredients of each locale.

As part of an expansive tropical resort that edges the legendary River of Kings, Anantara Spa offers a haven of tranquillity from which to escape Bangkok's bustling pace. Beyond the timeless charm of the resort's riverside setting, Thailand's waterways were once the country's lifelines, enabling communication and the transportation of life's necessities such as rice from rural areas.

Our spa's signature treatment pays homage to Thailand's verdant paddies. Rice is the only crop that Thai farmers bless throughout the cycle of planting to harvesting in the hope for abundance, stability and happiness. Inspired by this prosperous ritual, our signature treatment journey blesses you with the naturally rejuvenating beauty secrets of rice, from head to toe.

An invitation to take your wellness to a new level of enlightenment is created through treatment categories which harness the physical and spiritual qualities of Thailand's precious lotus flowers. Growing in muddy water and rising above the surface with remarkable grace, different lotuses represent aspirational pathways toward a wealth of revitalising journeys.

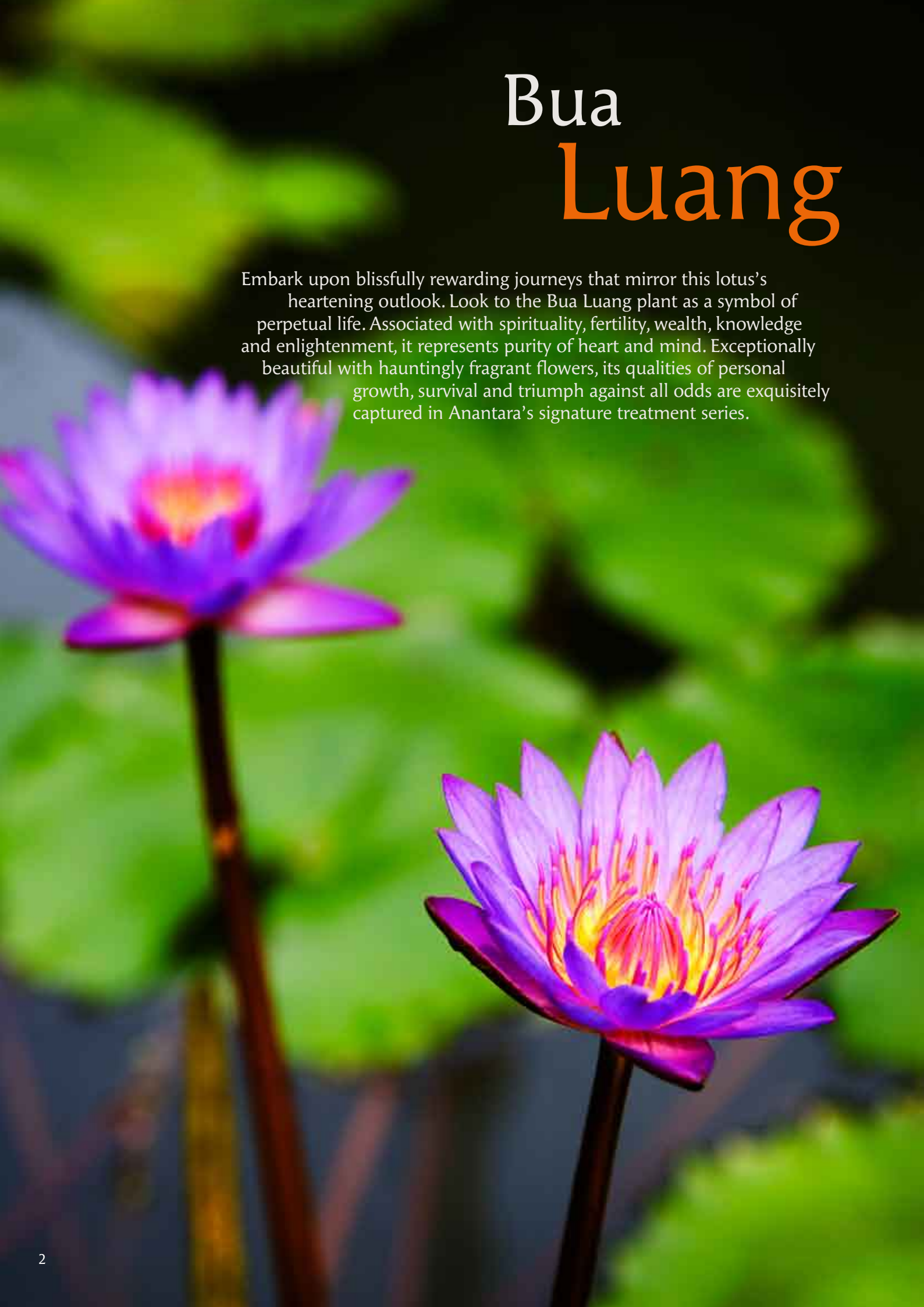
Unwind with therapies that indulge the senses and offer perfect balance. Relinquish time and pressure and let us tailor treatments and packages that respond uniquely to your personal ideals.

Step into the world of Anantara and experience exceptional luxury in breathtaking surrounds.

Let your cares slip away and your sensual journey begin...

At Anantara Spa, the greatest journeys are felt, not told





Bua Luang

Embark upon blissfully rewarding journeys that mirror this lotus's heartening outlook. Look to the Bua Luang plant as a symbol of perpetual life. Associated with spirituality, fertility, wealth, knowledge and enlightenment, it represents purity of heart and mind. Exceptionally beautiful with hauntingly fragrant flowers, its qualities of personal growth, survival and triumph against all odds are exquisitely captured in Anantara's signature treatment series.

Signature Rice Ritual

Skin is cleansed and polished with a scrub that is rich in antioxidants, as well as nourishing B and E vitamins. A full body massage incorporates a specially blended rice bran oil, pressure point and stretching techniques, along with a heated rice compress to release tension, pain and stress. While the Anantara Signature Facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to treat and revitalise your complexion.

135 Minutes

Floral Foot Ritual • Purifying Sri Nin Rice Scrub • Shower • Oriental Rice Compress Massage • Hot Brown Rice Floral Tea

195 Minutes

Floral Foot Ritual • Purifying Sri Nin Rice Scrub • Shower • Oriental Rice Compress Massage • Anantara Signature Facial • Hot Brown Rice Floral Tea

Journey of Siam (190 Minutes)

Experience Thailand's most exquisite wellness rituals. Aromatic Thai herbal steam opens pores and detoxifies. A royal Thai massage awakens vital energy. Foot reflexology promotes holistic renewal and induces a state of deep relaxation.

Floral Foot Ritual • Shower • Thai Herbal Steam • Royal Thai Massage • Foot Reflexology • Refreshment

Dawn Renewal (165 Minutes)

Rise to a refreshing ritual of replenishing therapies with a journey that responds to your personal wellness needs. Cleanse and exfoliate with a choice of rejuvenating body scrubs, and then select the perfect pampering massage.

Floral Foot Ritual • Choice of Body Scrub • Shower • Choice of Body Massage • Refreshment

Dusk Relaxation (165 Minutes)

End your day with a soothing total body and head massage series. Let harmonious Ayurvedic techniques restore your body's vital energy and unwind your tired mind.

Shower • Floral Foot Ritual • Marma Abhyanga Massage • Shiobhyanga Massage • Refreshment

Absolute Spa Ritual (150 Minutes)

Promising the ultimate in combined face and body therapy for pure relaxation with maximum results, pair one of the unique Elemis Advanced Anti-Ageing Facials or Elemis Skin Solutions Facials with the powerful effects of a Stress Release Massage using luxurious Elemis Oil.

Shower • Floral Foot Ritual • Stress Release Massage using Elemis Oil • Choice of Elemis Advanced Anti-Ageing Facials or Elemis Skin Solutions Facials • Refreshment

Bua Phan

From ancient times, Thai culture has revered this fragrant water lotus as reflecting Buddha's eternal joy on the entire family, with its roots denoting the sincere and long lasting care that supports and connects all family relations. Just like this lotus, whose enlightening qualities define heartwarming happiness, Anantara invites your whole being to blossom under the touch of our expert therapists.

Anantara Signature Massage (90 Minutes)

Our signature blend of oils, combined with purpose designed movements, stimulates the circulation, promotes deep relaxation and restores the flow of energy, or prana, along the meridian lines.

Shower • Floral Foot Ritual • Anantara Signature Massage • Refreshment

Royal Thai Massage (90 Minutes)

A therapeutic remedy that incorporates acupressure techniques, this treatment works on the principle of energy pathways running through the entire body.

Shower • Floral Foot Ritual • Royal Thai Massage • Refreshment

Thai Herbal Compress Massage (90 Minutes)

Relax as the power of herb infused steam gently arouses your senses and balances your mood, while a soothing, heated compress gently presses away aches, pains, stored tension and stress.

Shower • Floral Foot Ritual • Thai Herbal Compress Massage • Refreshment

Stress Release Massage (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.

Shower • Floral Foot Ritual • Stress Release Massage • Refreshment

Balinese Massage (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, improve blood flow and in turn create waves of muscle relief.

Shower • Floral Foot Ritual • Balinese Massage • Refreshment



Jet Lag Massage (90 Minutes)

Experience a pampering treatment that provides immediate relief for travellers after a long flight. This full body massage employ long, kneading strokes to relieve muscle tension, particularly on legs, lower back, neck, shoulders and around the eyes.

Shower • Floral Foot Ritual • Jet Lag Massage • Refreshment

Marma Abhyanga Massage (90 Minutes)

Marma Abhyanga is a wonderful combination of Ayurvedic massage which focuses on the Marmas - the significant Ayurvedic sites on the body that can be stimulated to achieve overall health and balance.

Shower • Floral Foot Ritual • Marma Abhyanga Massage • Refreshment

Shirobhyanga Massage (60 Minutes)

Using warm coconut oil, this soothing Ayurvedic massage is applied to Marma points on the head and neck to regulate the systems of mind and body.

Shower • Floral Foot Ritual • Shirobhyanga Massage • Refreshment

Foot Reflexology (60 Minutes)

Experience holistic balance and deep relaxation. This fascinating treatment provides physical and spiritual 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.

Floral Foot Ritual • Foot Reflexology • Refreshment



Bua Sattaban

In Indian culture the beautiful Bua Sattaban lotus represents adaptive positivity, with its sacred reverence addressed in the following sutra: “The Lotuses of heaven can change according to people’s wishes, flowering when needed and bringing joy to the heart of all.” Akin to this ever changing heaven lotus, Anantara’s body therapy collection works to rehydrate, balance, detoxify and revitalise the skin, exactly how and when these vital elements are needed.



Purifying Sri Nin Rice Scrub (60 Minutes)

Unbleached Sri Nin rice powder is rich in antioxidants to help deep cleanse the skin of impurities, as well as nourishing B and E vitamins. Rosemary and frankincense essential oils relieve mental fatigue and nervous tension, and rice bran oil leaves skin feeling silky smooth and supple.

Floral Foot Ritual • Purifying Sri Nin Rice Scrub • Shower • Body Moisturiser • Refreshment

Detoxifying Green Tea Scrub (60 Minutes)

Indulge the senses as you are polished to perfection. Fine granules with potent antibacterial and detoxifying qualities deep cleanse skin to be healthier, smoother and softer to the touch, treating your entire body to an instant renewal and vibrant glow.

Floral Foot Ritual • Detoxifying Green Tea Scrub • Shower • Body Moisturiser • Refreshment

Essence White Coconut & Mint Scrub (60 Minutes)

Rich in vitamins and antioxidants, lotus seed removes dead cells and strengthens new skin to leave it feeling completely clear and flawlessly smooth, while mint stimulates and revitalises.

Floral Foot Ritual • Essence White Coconut & Mint Scrub • Shower • Body Moisturiser • Refreshment

Purifying Jasmine Rice Wrap (60 Minutes)

Treat sensitive skin to a soothing blend of rice hull powder, white clay, shea butter and jasmine essential oil, which work together to draw out impurities without removing natural oils, exfoliate, cleanse and stimulate the circulation, whilst nourishing the skin with proteins, vitamins, minerals and silky moisture.

Floral Foot Ritual • Purifying Jasmine Rice Wrap • Shower • Body Moisturiser • Refreshment

Detoxifying Green Tea Wrap (60 Minutes)

Let us wrap you in a calming cocoon of gently hydrating green tea, long known for its anti-inflammatory properties and kindness to the skin. Relax in the comforting embrace of this invigorating treatment, surrender to an energising scalp massage, and feel nature working its magic.

Floral Foot Ritual • Detoxifying Green Tea Wrap • Shower • Body Moisturiser • Refreshment

Essence White Coconut Wrap (60 Minutes)

Indulgently rich and gloriously fragranced, this wrap rejuvenates the skin and combats the effects of modern life, courtesy of coconut’s restorative and moisturising qualities.

Floral Foot Ritual • Essence White Coconut Wrap • Shower • Body Moisturiser • Refreshment

Body Detox Therapy



Elemis Body Sculpting Cellulite & Colon Therapy (60 Minutes)

Redefine and smooth your silhouette.

Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin for visible, rapid results. A Fennel and Birch Body Mask detoxifies. Specialist massage techniques deeply cleanse the body's systems, firm and smooth skin, stimulate the circulation and reduce fluid retention. To extend the benefits, an abdominal massage cleanses the colon and helps to detoxify the body, providing wellness from the inside out. *Recommended: 2 treatments per week for 4 weeks, then 1 per month for maintenance.*

Elemis Cellutox AromaSpa Ocean Wrap (75 Minutes)

A deeply detoxifying blend to decongest and stimulate the system.

Let thoughts drift away whilst you are cocooned in a comforting wrap and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and marine algae, this therapy helps reduce the appearance of cellulite and relieves the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth. *Recommended: 2 treatments per week.*



Bua Bun Trik

Explore ever renewing youth and femininity with an Anantara series that celebrates the sublime Bua Bun Trik lotus; nature's foremost symbol of beauty, prosperity and fertility. Like this radiant example, our facials treat far more than merely the surface. Put yourself in the expert care of our therapists as you undergo a detailed skin analysis, followed by a skin defining facial that combines the most delicate ingredients and techniques.



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. Lapse into a state of pure relaxation with a gentle massage, and then let our herbal mask restore the natural balance of your skin.

Elemis Advanced Anti-Ageing Facials

Elemis Pro-Collagen Quartz Lift Facial (75 Minutes)

To combat ageing, stressed and slackened skin.

Clinically proven to reduce wrinkles and improve skin firmness after just one treatment, this exceptional anti-aging facial combines specialised lifting massage techniques with professional strength collagen boosting formulations that are accelerated by the electrical energy of precious minerals. Quartz and tourmaline re-energize cell communication, respiration and regeneration, revealing a firmer, smoother, brighter and more youthful appearance.

Elemis Visible Brilliance Facial (75 Minutes)

See a younger, firmer future, instantly.

Combining specialised micro-circulatory massage techniques with potent actives and a two phase amino mask, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps the skin while helping to reduce dark circles under the eye. Hydration and elasticity are proven to dramatically increase after just one treatment, resulting in a smoother, more sculpted and radiant complexion.

Elemis Skin Solutions Facials

Elemis Oxygen Skin Calm Facial (75 Minutes)

This face and eye treatment is pure soothing heaven for sensitive skin.

Gentle massage techniques combined with calming actives and a restructuring Japanese Silk Mask help to rebalance delicate, fragile and sensitive complexions, at the same time reducing redness and offering immediate comfort to stressed skin.

Elemis S.O.S. Purifying Facial (75 Minutes)

Ideal for oily, problematic and congested skin types.

A Japanese Sulphur Mask is impregnated with Vita-C Booster Serum to help absorb sebum, calm irritation, repair scarring and rebalance oil-rich pores, leaving a beautiful matt complexion.

Elemis Skin Specific Facials

Elemis Fruit Active Glow Facial (60 Minutes)

Bring back the glow to a lifeless complexion.

Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives and renew vital radiance.

Elemis Exotic Moisture Dew Facial (60 Minutes)

Treat your skin to a moisture boost.

Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back the healthy, dewy look to the skin.

Elemis Herbal Lavender Repair Facial (60 Minutes)

For perfect restoration of skin balance.

Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

Bua Ubon Chart

This hardy lily is one of the earth's oldest aquatic plants, proven by pre-Ice Age cave drawings and ancient fossils. Surviving throughout the ages, its circular leaves with smooth, round edges protect from tearing in rough winds or waves, while the waxy surface allows water to roll off so that the leaves do not sink. In addition to hues ranging from red, salmon, pink, white, yellow, orange, peach and nearly black, some change colour over their bloom period of three to four days. Inspired by this lily's triumphant and adaptable abilities, Anantara has combined nature's intelligence and scientific expertise to create treatments that respond to men's distinctive needs and combat the harsh consequences of modern living.

Treatments

for Men

Total Time Out

Select either the anti-ageing Elemis Skin IQ+ Facial or the Urban Cleanse Facial combined with the dynamic and immediate tension relief of the prescribed Elemis Deep Tissue Muscle Massage. Achieve the further ultimate goal of Total Time Out by including either an energising salt and rice bran scrub or an energising rice bran mask.

135 Minutes

Shower – Elemis Welcome Touch – Elemis Deep Tissue Muscle Massage – Elemis Facial for Men – Refreshment

195 Minutes

Floral Foot Ritual – Body Treatment for Men – Shower – Elemis Deep Tissue Muscle Massage – Elemis Facial for Men – Refreshment

Massages

Oriental Rice Compress Massage (90 Minutes)

Unwind into a sensual immersion of the Thai way of life as your skin is rejuvenated by a specially blended rice bran oil. Specific pressure point and stretching techniques that are used with traditional Thai massage, along with a heated rice compress, melt away muscle tension, aches, pains and stress, to induce a state of deep relaxation.

Shower – Floral Foot Ritual – Oriental Rice Compress Massage – Refreshment

Elemis Deep Tissue Muscle Massage (60 Minutes)

This deep rhythmic pressure massage is customised to each individual, and works powerfully to alleviate stress, ease aching muscles and revive the senses. Dynamic blends of essential oils are prescribed to target specific needs. Choose from:

Stress-a-Way: Wind down and release the tension of the day

Spirit Reviver: A powerful surge to invigorate and recharge

Muscle Melt: Relax and re-energise a tired and aching body

Chakra Balancing: Reconnect your mind, body and soul

Shower – Elemis Welcome Touch – Elemis Deep Tissue Muscle Massage – Refreshment

River Stone Back Massage (60 Minutes)

Specialist techniques using warm, smooth river stones focus on the shoulders, neck and lower back, providing you with wonderful relief from aches, pain and stress.

Shower – Floral Foot Ritual – River Stone Back Massage – Refreshment

Express Massage (30 Minutes)

Relax into a therapeutic massage that is ideal for those with limited time. Benefit from an experience that is tailored to your needs, with specific attention paid to the feet & legs, back & shoulder or neck & head.

Floral Foot Ritual – Express Massage – Refreshment

Body Treatments

Energising Salt & Rice Bran Scrub (60 Minutes)

Unrefined sea salt sweeps away dead cells and drenches a new layer of skin in vital minerals. Rice bran soothes and conditions, whilst aiding exfoliation and cell regeneration. Rice bran oil is rich in nourishing vitamin E and moringa seed extract protects from pollutants and moisture loss. Aloe vera, nutmeg oil and essential oils of bergamot and neroli work together to repair, heal and hydrate, boost the immune system and uplift your mood.

Floral Foot Ritual – Energising Salt & Rice Bran Scrub – Shower – Energising Body Moisturiser – Refreshment

Energising Rice Bran Mask (60 Minutes)

White clay exfoliates and draws out impurities without removing natural oils. Rice bran oil nourishes with vitamin E, and plant extracts of willow bark, witch hazel, and chamomile relieve muscle fatigue and spasms. Moringa seed extract protects from pollutants and moisture loss, as aloe vera delivers soothing hydration and neroli essential oil repairs. Bergamot essential oil boosts the immune system and heals by stimulating cell regeneration. While nutmeg oil combats stress and positively activates the mind.

Floral Foot Ritual – Energising Rice Bran Mask – Shower – Energising Body Moisturiser – Refreshment

Facials

Elemis Skin IQ+ Facial (75 Minutes)

Anti-ageing booster for tired, stressed skin.

Charged with clinically proven, anti-ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.



Elemis Urban Cleanse Facial (75 Minutes)

Deep cleanse and complete skin detox.

This super-grooming facial works overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralise impurities. Fast acting ingredients reduce sensitivity and provide long lasting defense against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

Bath

Energising Mud Bath (30 Minutes)

A therapeutic blend of natural moor mud extract and pine needle essential oil work together to relieve sore muscles, joint inflammation and physical stress, while enhancing the immune and respiratory systems.



Bua Kra Dong

Let your mood change instinctively throughout your stay, and learn to blossom intuitively. Adopt the same beautiful philosophy as the giant water lily, Bua Kra Dong, whose leaves of up to nine feet in diameter, accompanied by a remarkable flowering trend.

On this lily's first night of blooming its flowers are white, and then appear a spectacular pink on the second. Mirror the unique versatility of this mystical plant as you indulge in any of our mood enhancing add-on treatments.

Thai Herbal Steam (30 Minutes)

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

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 this relaxing floral bath balance your mind, body and spirit.

Aromatic Floral Bath (30 Minutes)

An enchanting combination of local flowers and essential oils instill a blissful state of inner calm.

Hand & Foot Care

Spa Manicure

Spa Pedicure

Paint Change

French Finish

Hair Treatments

Cream bath, hair cut, shampoo, set, blow dry.

Depilatory Waxing

A full range of waxing treatments using premier brand products is available.

Poolside Services

Royal Thai Massage (90 Minutes)

Foot Reflexology (60 Minutes)

Express Massage (30 Minutes)

In-room Treatments

Royal Thai Massage (90 Minutes)

Stress Release Massage (90 Minutes)

Foot Reflexology (60 Minutes)



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 the spa is unsuitable for small children and babies, unless receiving treatment. We try to ensure that all our guests benefit from our peaceful atmosphere.
- We recommend that you leave all jewelry in your room or suite before coming to the spa.
- Please give 4 hours' cancellation notice on individual treatments and 24 hours' notice on packages, otherwise 50% of the price may be charged to your account.
- We recommend that you do not sunbathe after an aromatherapy treatment.
- For 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.
- Arriving late will decrease the time of your treatment.
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant or suffering from 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 charge and applicable government tax.

Prices are subject to change without prior notice.

Anantara Spa is open from 10 am to 10 pm. Spa treatments between 10 pm and midnight are available upon advance reservation.

For reservation, please contact Anantara Spa Ext. 1563.



A close-up photograph of a tree trunk, showing a prominent diamond-shaped scar or wound on the bark. The bark is textured and shows various shades of brown and reddish-orange. The scar is a lighter, more uniform color, possibly indicating a healed wound or a specific type of bark damage. The background is slightly blurred, showing more of the tree's surface.

Anantara Bangkok Riverside Resort & Spa

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