

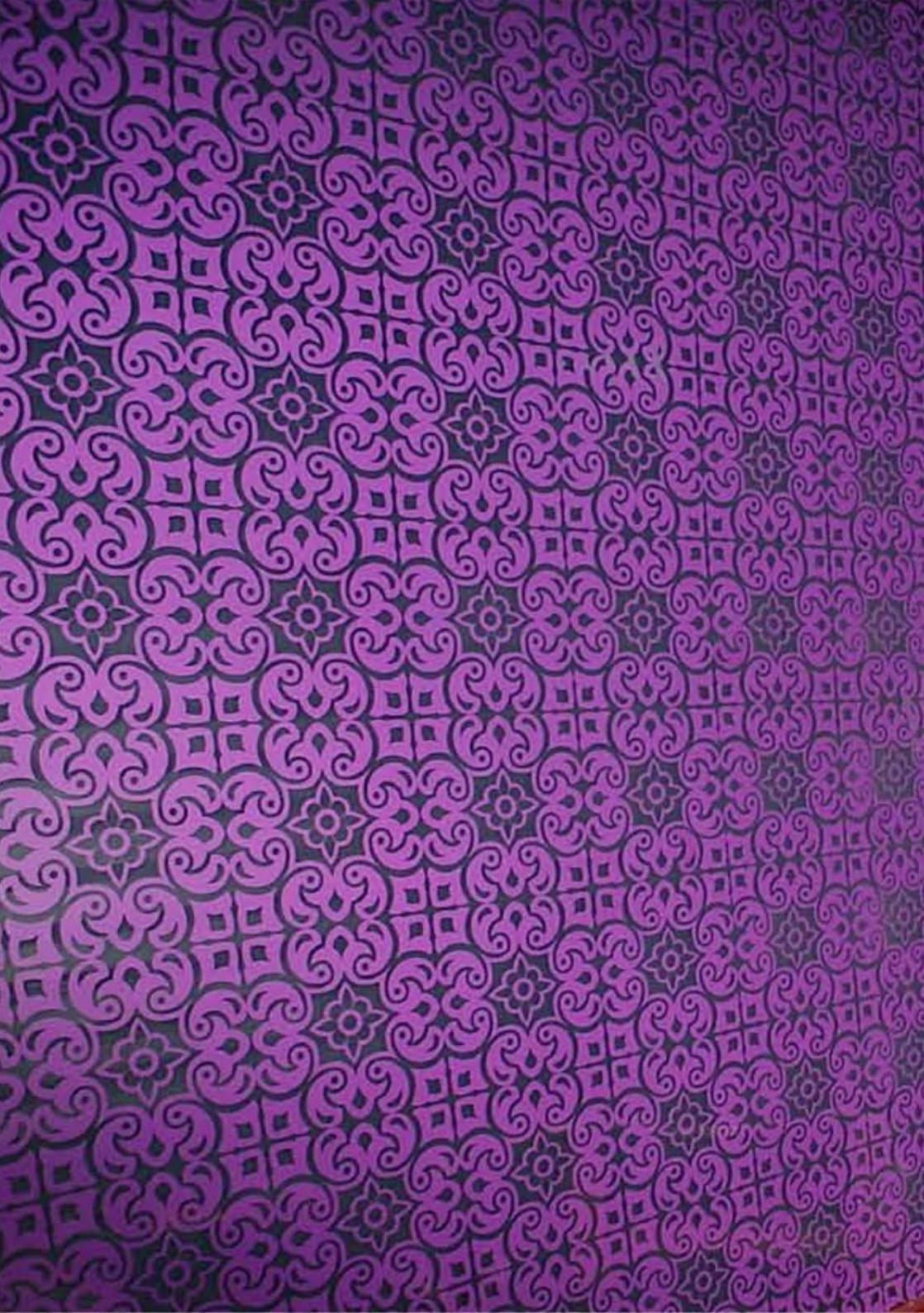


Anantara Spa



Discover
the exotic pampering
secrets
of Indonesia's

Spice Islands



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. Our enduring belief is expressed in perfect harmony through the traditions of each locale, beyond which a yearning for ageless, natural remedies is answered by a finely tuned repertoire of health and beauty concepts which deliver intoxicating authenticity.

In this meaningful sanctuary of ancient glory and prosperity, Anantara Spa treatments are inspired by the intrigue of our exotic destination, and harness the richness of Indonesia's Spice Islands which were once the world's largest producer of mace, nutmeg, cloves and pepper. These coveted ingredients were sent to Persia over 3000 years ago and the volcanic islands enjoyed a thriving trade with the Far East for centuries, before European vessels descended throughout the 1500s. Symbolising luxury and highly valued for their distinctive flavour and medicinal benefits, Anantara Spa fuses precious spices from Indonesia and beyond to bring you a wealth of pampering, aromatic rituals.

Unwind with therapies that offer perfect balance and tranquillity. Relinquish time and pressure and allow us to personalise sequences for your supreme wellbeing. Embark upon a path toward positive wellbeing that draws on Anantara's dedication to the time honoured, natural health beliefs of our ancient philosophy, and fulfill your desire for a revitalising journey.

Step into the world of Anantara and experience exceptional luxury in breathtaking surrounds, letting your cares slip away and your sensual journey begin...

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

Ginger



Ginger's numerous health benefits have been revered for over 2000 years. In traditional Chinese medicine it is used to calm upset stomachs, treat cold symptoms, cure rheumatism, ease headaches, pain and inflammation, revive aching muscles, boost circulation and relieve fatigue. As one of the world's top producers, Indonesia's wealth of ginger provides abundant inspiration for our rejuvenating signature journeys.



Sensual Spice Odyssey – Signature Treatment (200 Minutes)

Restore your vitality with this series of energising therapies, incorporating locally produced herbs and spices to arouse the senses, stimulate the body and leave skin exquisitely smooth.

Floral Foot Ritual • Exotic Ginger & Spices Body Polish • Shower • Energising Massage • Choice of Aroma Essential Facial • Refreshment

Island of Java Journey (165 Minutes)

Originating from the Royal House of Java, this traditional beauty ritual is no longer reserved for royalty, but is sure to bestow a regal radiance by relieving tension, improving blood flow and bringing waves of muscle relief.

Floral Foot Ritual • Javanese Lulur Beauty Treatment • Shower • Balinese Massage • Refreshment

Journey to the Orient (165 Minutes)

Rediscover your inner strength and vigour with an exquisite journey from the orient. Harness the rejuvenating qualities of exotic local ingredients, and the expert tender care of therapies revered the world over.

Shower • Floral Foot Ritual • Traditional Thai Massage • Indian Head Massage • Refreshment

Dawn Renewal (165 Minutes)

Rise to a refreshing ritual of replenishing therapies. Cleanse and exfoliate with a scrub infused with coconut and cinnamon, and experience an invigorating deep tissue massage.

Floral Foot Ritual • Coconut & Cinnamon Body Polish • Shower • Deep Tissue Massage • Refreshment

Dusk Relaxation (165 Minutes)

End your day with a soothing total body and foot massage series. Let ancient techniques restore your body's energy flow and unwind your tired mind.

Shower • Floral Foot Ritual • Swedish Massage • Foot Reflexology • Refreshment



Clove

Native to the Maluku islands of Indonesia, clove is the strongest of all the aromatic spices. Prized for its ability to freshen breath and heal digestive orders due to antibacterial, antiviral, antifungal and antiseptic properties, this activating spice also aids memory and concentration, while relieving fatigue and uplifting the spirit, making it a wonderful emblem for our healing massage collection.

Anantara Signature Massage (60/90 Minutes)

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

Shower • Floral Foot Ritual • Anantara Signature Massage • Refreshment

Traditional Thai Massage (90 Minutes)

This unique and exotic technique, passed down through generations, is known as 'passive yoga' and offers the ultimate body workout. Let our expert therapists take all the pressure way, letting you enjoy a wealth of stretching, flexibility and vitality benefits.

Shower • Floral Foot Ritual • Traditional Thai Massage • Refreshment

Balinese Massage (60/90 Minutes)

In this authentic massage style influenced by ageless tradition, 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.

Shower • Floral Foot Ritual • Balinese Massage • Refreshment

Thai Herbal Compress (90 Minutes)

Discover how the healing powers of medicinal Thai herbs can alleviate sore muscles and joints, flu and cold symptoms, the pain of rheumatism and arthritis, at the same time aiding the healing process of sprains and bruises and quieting the mind. First a warm herbal oil massage melts away stored tension. Then a heated cotton cloth compress filled with therapeutic herbs is gently pressed and rolled over your entire body to deepen the holistic benefits.

Herbal Foot Bath • Body Massage Combined with Hot Compress • Refreshment

Deep Tissue Massage (60/90 Minutes)

This vigorous yet relaxing remedy uses classic Swedish massage strokes and works deeply into the muscles to stretch fibres and release tension that may otherwise cause restricted movement and pain. Enjoy improved blood flow and flexibility, and relieve sore muscles.

Shower • Floral Foot Ritual • Deep Tissue Massage • Refreshment

Stress Release Massage (90 Minutes)

Using a combination of strokes and classical movement techniques, along with a specially blended signature aromatherapy oil, this gentle massage is the perfect stress release tonic to completely relax both body and mind.

Shower • Floral Foot Ritual • Stress Release 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 stimulate corresponding organ groups in the upper body.

Floral Foot Ritual • Foot Reflexology • Refreshment

Indian Head Massage (60 Minutes)

Based on ancient Ayurvedic principles, this massage combines pressure point techniques and massage movements with coconut oil to relieve tension in the head and neck. Both soothing and energising, this therapy can help to relieve insomnia and chronic headaches.

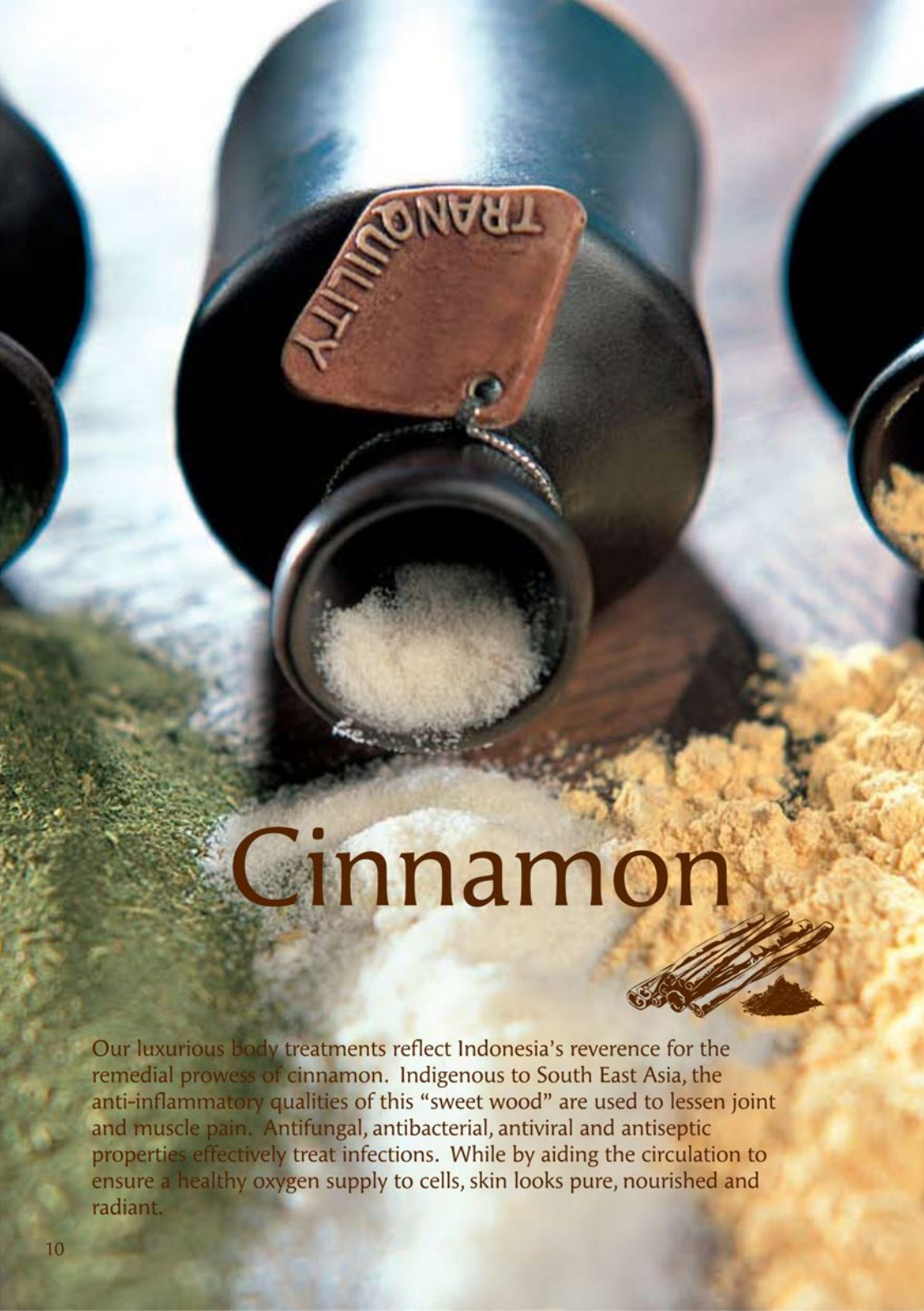
Shower • Floral Foot Ritual • Indian Head Massage • Refreshment











Cinnamon



Our luxurious body treatments reflect Indonesia's reverence for the remedial prowess of cinnamon. Indigenous to South East Asia, the anti-inflammatory qualities of this "sweet wood" are used to lessen joint and muscle pain. Antifungal, antibacterial, antiviral and antiseptic properties effectively treat infections. While by aiding the circulation to ensure a healthy oxygen supply to cells, skin looks pure, nourished and radiant.

Javanese Lulur Body Scrub (60 Minutes)

An age-old beauty secret inspired by Javanese royalty, a variety of finely blended spices and herbs gently remove dead cells and smooth skin to a golden glow.

Floral Foot Ritual • Javanese Lulur Scrub • Shower • Body Moisturer • Refreshment

Coconut & Cinnamon Body Polish (60 Minutes)

Rich in vitamins and anti-oxidants, ground apricot pits and cinnamon bark remove dead cells and strengthen new skin for a completely clear and flawless appearance.

Floral Foot Ritual • Coconut & Cinnamon Body polish • Shower • Body Moisturer • Refreshment

Bali Boreh Body Mask (60 Minutes)

Treat your skin to an ancient Balinese body mask, combining a mineral rich white kaolin clay base with spice and bark to draw out impurities and nourish cells back to health.

Floral Foot Ritual • Bali Boreh Body Mask • Shower • Body Moisturer • Refreshment

Exotic Lime and Ginger Salt Glow (45 minute)

Invigorated, cleansed and polished to perfection.

A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

Exotic Frangipani Body Nourish Wrap (45 minute)

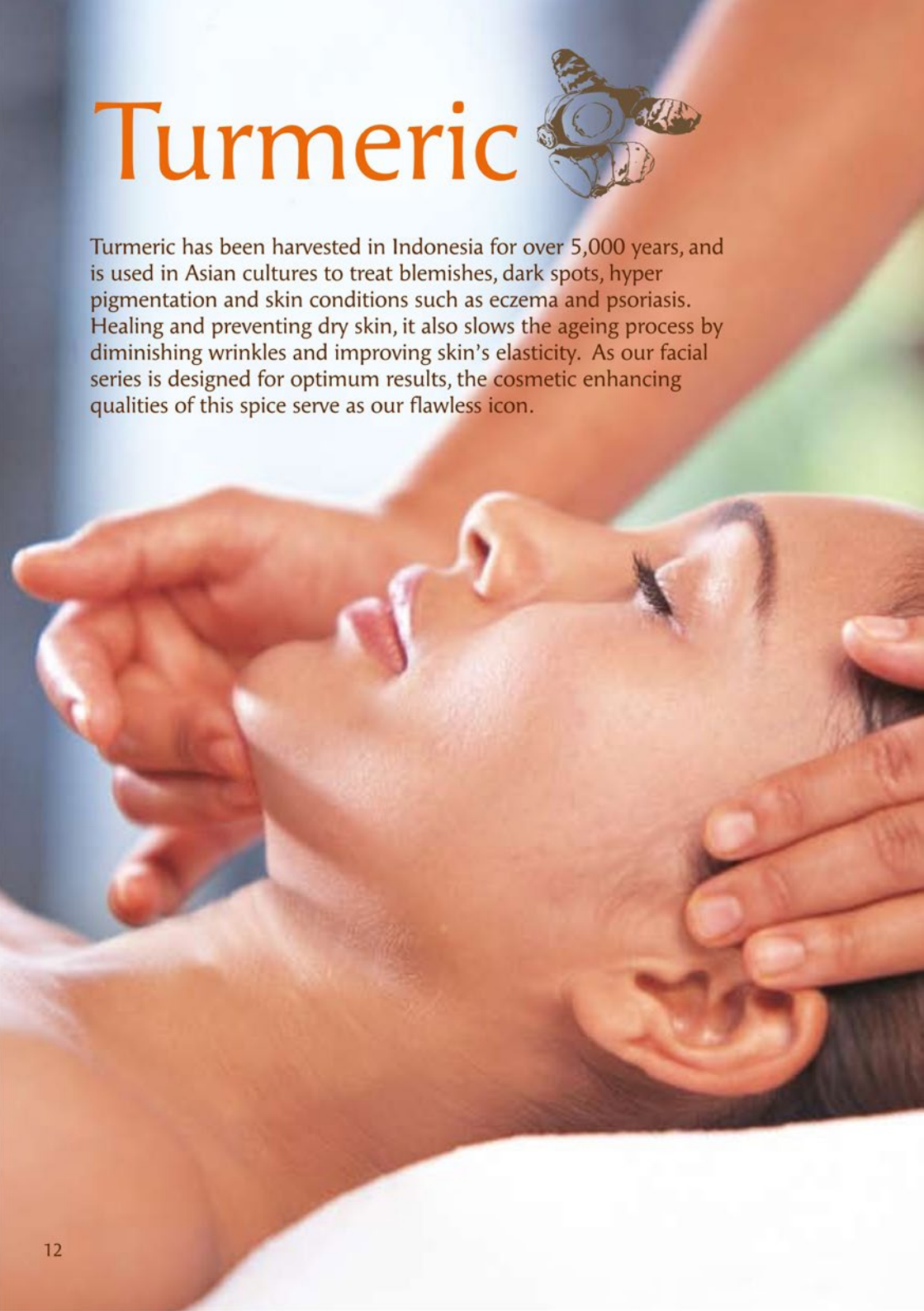
For immediate softness and suppleness.

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi which is poured all over the body and then cocooned in a nourishing foil wrap or unique dry float. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

Turmeric



Turmeric has been harvested in Indonesia for over 5,000 years, and is used in Asian cultures to treat blemishes, dark spots, hyper pigmentation and skin conditions such as eczema and psoriasis. Healing and preventing dry skin, it also slows the ageing process by diminishing wrinkles and improving skin's elasticity. As our facial series is designed for optimum results, the cosmetic enhancing qualities of this spice serve as our flawless icon.



Elemis Advanced Anti-ageing Facial

Pro-Collagen Quartz Lift Facial (75 minute)

Anti-wrinkle facial with proven results

This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Clinically proven, after just 1 treatment, this facial reduces the number of wrinkles by up to 94%* and improves skin firmness by up to 57%*. Specialised lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficacy, leaving a firmer, uplifted, more youthful looking appearance.

Elemis Skin Specific Facials

Fruit Active Glow (60 minute)

Bring back the glow to a lifeless complexion.

Exotic Moisture Dew (60 minute)

Treat your skin to a moisture boost.

Herbal Lavender Repair (60 minute)

For perfect restoration of skin balance.

For Men

Anantara has combined nature's prowess with scientific expertise to create a potent facial that responds to men's distinctive needs. Designed to combat the harsh consequences of modern living, this treatment neutralises the effect of damaging pollutants, accelerates skin repair and delivers long lasting defense.

Ultimate Rejuvenation (60 Minutes)

Energises and refreshes

This intensive treatment incorporates a cleansing scrub, triple action massage, instant purifying mask and soothing face cream, infusing potent essential oils and plant extracts to purify and hydrate, promote suppleness and create resistance to harsh modern living.

Vanilla

Produced in abundance in Java and Bali, vanilla is one of the oldest and most familiar spices, and is revered for its flavouring and aromatic uses. An excellent antioxidant and antidepressant, this sweet spice is also a wonderful relaxant, and as such provides a wealth of indulgent appeals for our luxurious in-room bath rituals.



Anantara Floral Bath (30 Minutes)

A sensual and romantic experience that will enliven the senses. Enjoy a private tea service as the exotic aromas of a relaxing floral bath balance your body, mind and spirit.

Green Tea & Oriental Spice Bath (30 Minutes)

Immerse yourself in this blissfully calming blend. Renowned for being rich in antioxidants and medicinal properties, a soak in a green tea and oriental spice bath will relax your mind and soothe overstressed muscles. Take this moment to centre yourself.

Hand & Foot Care

Spa Manicure (60 Minutes)

Treat your hands and nails to a sequence of soaking, filing and buffing, a nourishing mask and gentle massage, before an immaculate paint finish.

Spa Pedicure (60 Minutes)

Soothe and soften your feet in an aromatic foot soak, then enjoy toes that are clipped, filed and buffed to perfection. A foot mask replenishes vital moisture and a massage deeply relaxes, before an immaculate paint finish concludes this lavish beauty ritual.

In-Room Treatment

Traditional Thai Massage (90 minutes)

Foot Reflexology (60 minutes)

Balinese Massage (60 minutes)

Anantara Signature Massage (90 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.

We have a wonderful selection of nutritious juices, which can be prepared for you to enjoy after your treatment.

If under 12 years of age, treatments are half price if booked before 2pm. Parents are welcome to attend these treatments.

Please note that the spa is unsuitable for small children and babies, unless receiving treatment, as we try to ensure that all our guests benefit from the peaceful atmosphere.

We recommend that you leave all jewelry in your suite or villa before coming to the spa.

All treatments will be charged to your suite or villa, and will appear on your account at check-out.

Please give 5 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 have 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 Rupiah and are subject to 21% service charge and government tax
Prices are subject to change without prior notice
Treatments are available from 10am - 10pm
For reservations, please contact Anantara Spa



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