

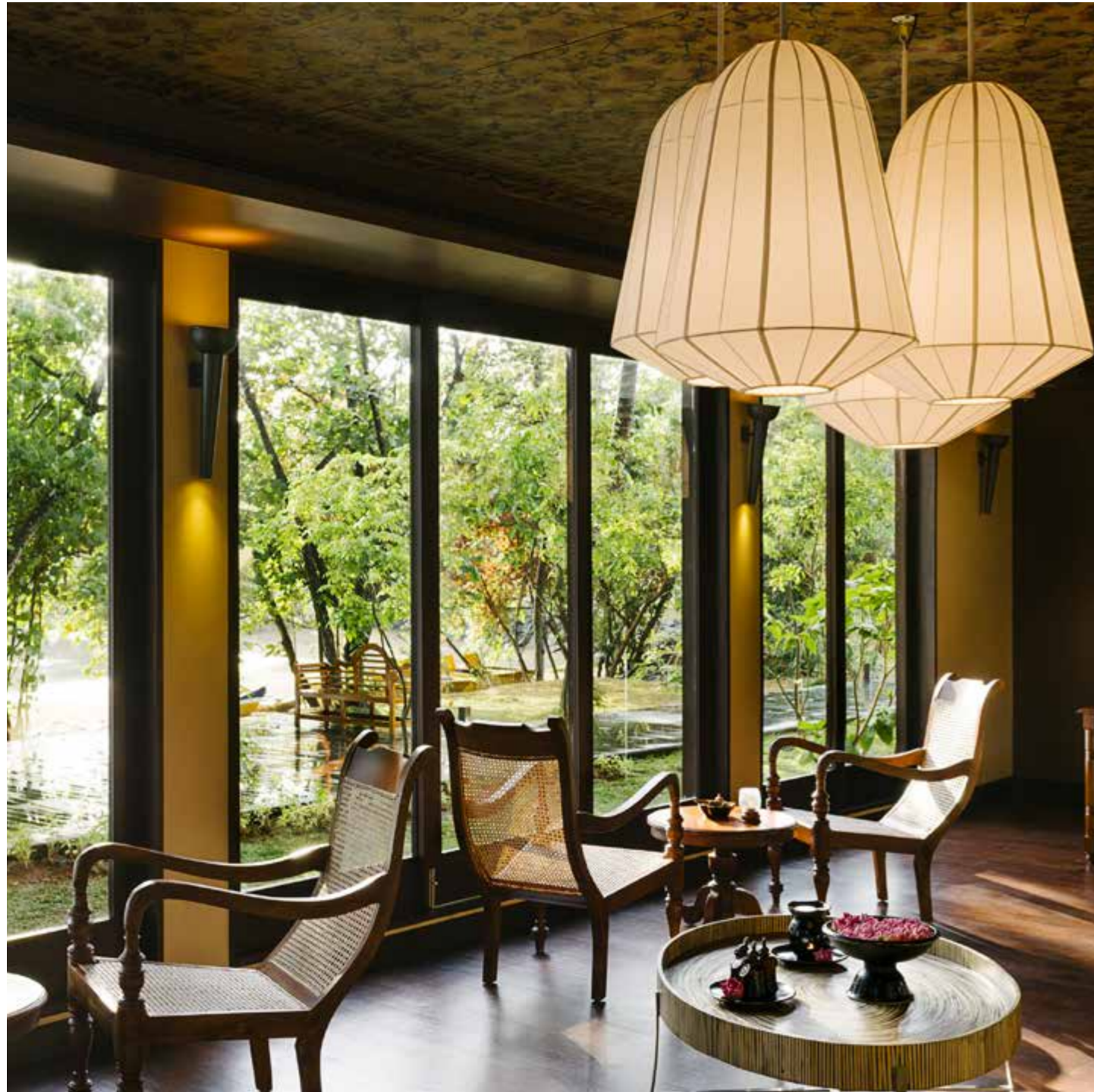


ANANTARA

SPA







## WELCOME TO ANANTARA SPA

Originating in Thailand and traversing the globe, Anantara Spa is an award-winning sanctuary of East-meets-West healing. Explore indigenous ingredients and traditions.

Immerse in 5,000 years of Ayurveda.

Embark on a personalised journey of wellness for body and mind.

Opening hours: 9.00 am - 6.00 pm







## SIGNATURE EXPERIENCES

### HIMALAYAN THERMAL THERAPY

90 Minutes

Harnessing the ancient energy of the Himalayas, hand-carved salt stones restore mineral and trace elements to the body, encouraging natural detoxification and melting away tension.

Anantara Foot Ritual • Himalayan Salt Stone Massage  
• Rose Quartz Gua Sha Facial • Head Massage  
• Refreshment

### KALUTARA KING COCONUT DELIGHT

120 Minutes

Healing and richly hydrating, the golden-hued king coconut is indigenous to Sri Lanka and a treasured natural resource. A vigorous body scrub and fragrant oil massage is followed by a refreshing king coconut drink.

Anantara Foot Ritual • King Coconut Scrub • King Coconut Oil Massage • King Coconut Refreshment

### KALUTARA TEA JOURNEY

180 Minutes

Inspired by the island's rich tea heritage, powerful antioxidants are activated with a purifying green tea body scrub, nutrient-rich green tea mask, and an al fresco tea bath soak. Finish with our signature oil massage for a restored sense of equilibrium.

Anantara Foot Ritual • Green Tea Scrub • Green Tea Wrap • Ceylon Tea Bath • Anantara Signature Massage  
• Green Tea Refreshment



## MASSAGES

### ANANTARA SIGNATURE MASSAGE

90 Minutes

Eastern and Western massage techniques, purpose-designed movements and a signature oil blend relax while reflexology clears energy blockages to promote overall wellbeing.

### STRESS RELEASE MASSAGE

60/90 Minutes

Using a combination of strokes, acupressure techniques, and an aromatherapy oil blend of your choice, this gentle massage completely relaxes body and mind.

### TRADITIONAL THAI MASSAGE

60/90 Minutes

Also known as passive yoga, enjoy the benefits of a workout without moving a muscle. By using pressure-point and stretching techniques, tension is released, flexibility is boosted and vitality increased.

### DEEP MUSCLE MASSAGE

60/90 Minutes

A vigorous yet relaxing massage that works deeply into the muscles to stretch fibres and release tension, resulting in improved mobility and flexibility, and the restoration of healthy circulation.

### AROMA HOTSTONE MASSAGE

60/90 Minutes

A unique combination of aromatherapy oils and heated volcanic stones eases away deep muscular tension, encouraging optimum circulation and healing.

### PEACEFUL PREGNANCY MASSAGE

60/90 Minutes

Adapted to each stage of pregnancy, this gentle massage relieves back tension, alleviates swelling of the hands and feet, eases the mind and uplifts the spirit.





## JOURNEYS FOR TWO

### SIDE BY SIDE

90 Minutes

Align your energies as you lay side by side and indulge in your choice of massage.

Anantara Foot Ritual • 90-Minute Massage of Your Choice • Refreshment

### SRI LANKAN ROMANCE

180 Minutes

Indulge in the best of indigenous healing, with an exfoliating salt scrub to detox, soak in a bath for two, full-body massage drawing on the power of Ayurveda, and a customised facial to leave you glowing.

Anantara Foot Ritual • Sri Lankan Body Scrub • Ceylon Tea or Milky Bath • Abhyanga Massage • Ayurveda Radiance Facial • Refreshment

### IN-ROOM SLUMBER GURU EXPERIENCE

70 Minutes

Taking the importance of a good night's rest to a whole new level. With your choice of soothing music in the background, soak in an aroma bath surrounded by candles. A massage follows with ylang-ylang or lavender essential oil mist applied to bed linen, then a warm beverage and homemade sweet treat. Slip into your bed with an aromatic mist, silk or cool gel-filled eye mask and earplugs, drifting away to the land of sweet dreams.

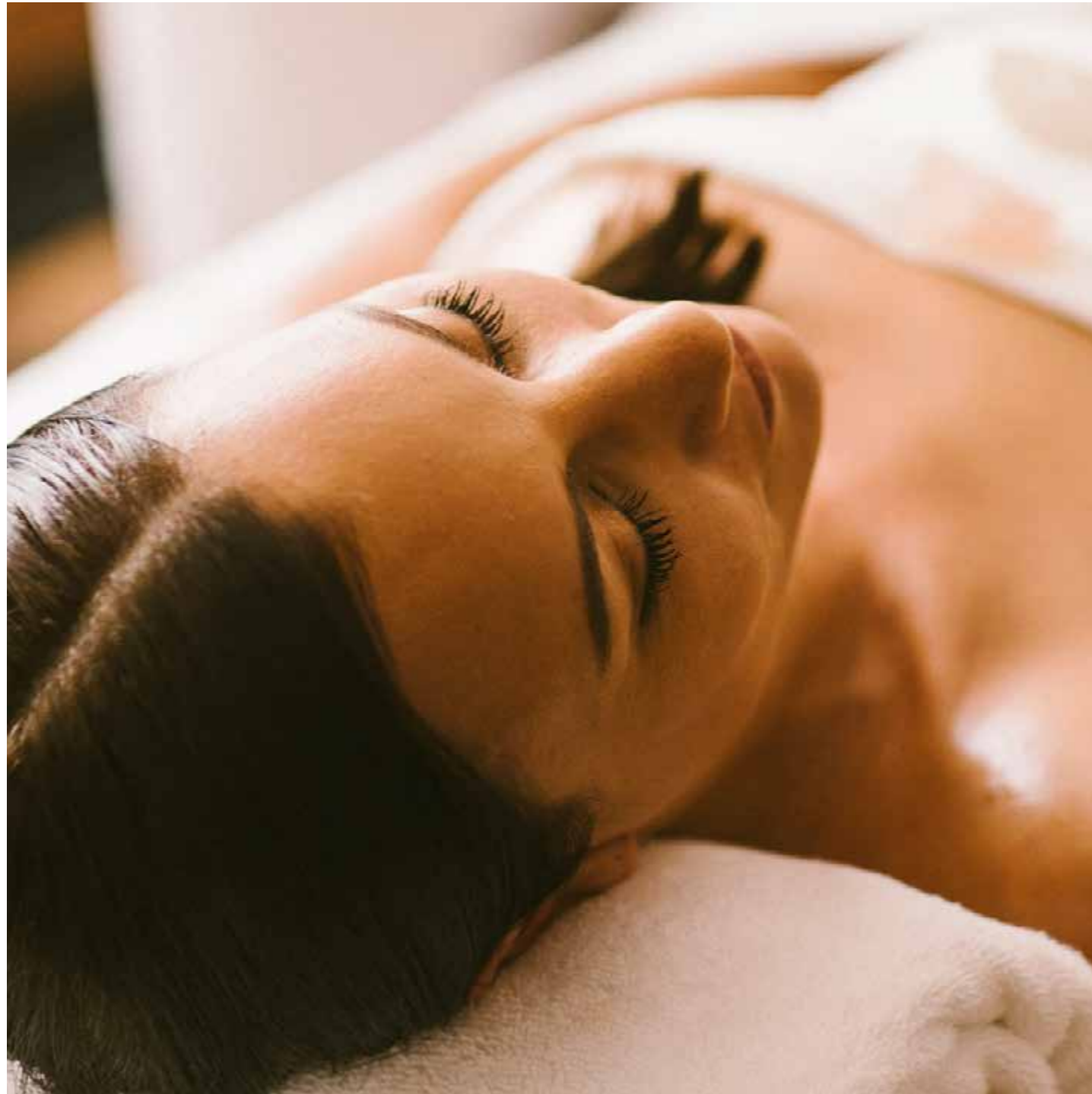
Aromatic Bath Ritual • Back, Neck & Shoulder Massage • Refreshment

### COUPLE'S RETREAT

120 Minutes

This relaxing treatment promises to activate vital energy and soothe accumulated tension. Combining face and body therapies for pure relaxation with maximum results.

Anantara Foot Ritual • Bespoke Two-Hour Treatment • Refreshment



## FACIALS

### AROMATHERAPY FACIAL

60 Minutes

Allow our therapist to curate a highly personalized treatment according to your skin type and needs. The Aromatherapy Facial works with the healing benefits of vitamins, antioxidants and natural clays in a combination designed to achieve your skin goals. All while we soothe your senses with our unique aromatherapy blends.

### MORINGA ANTI AGEING FACIAL

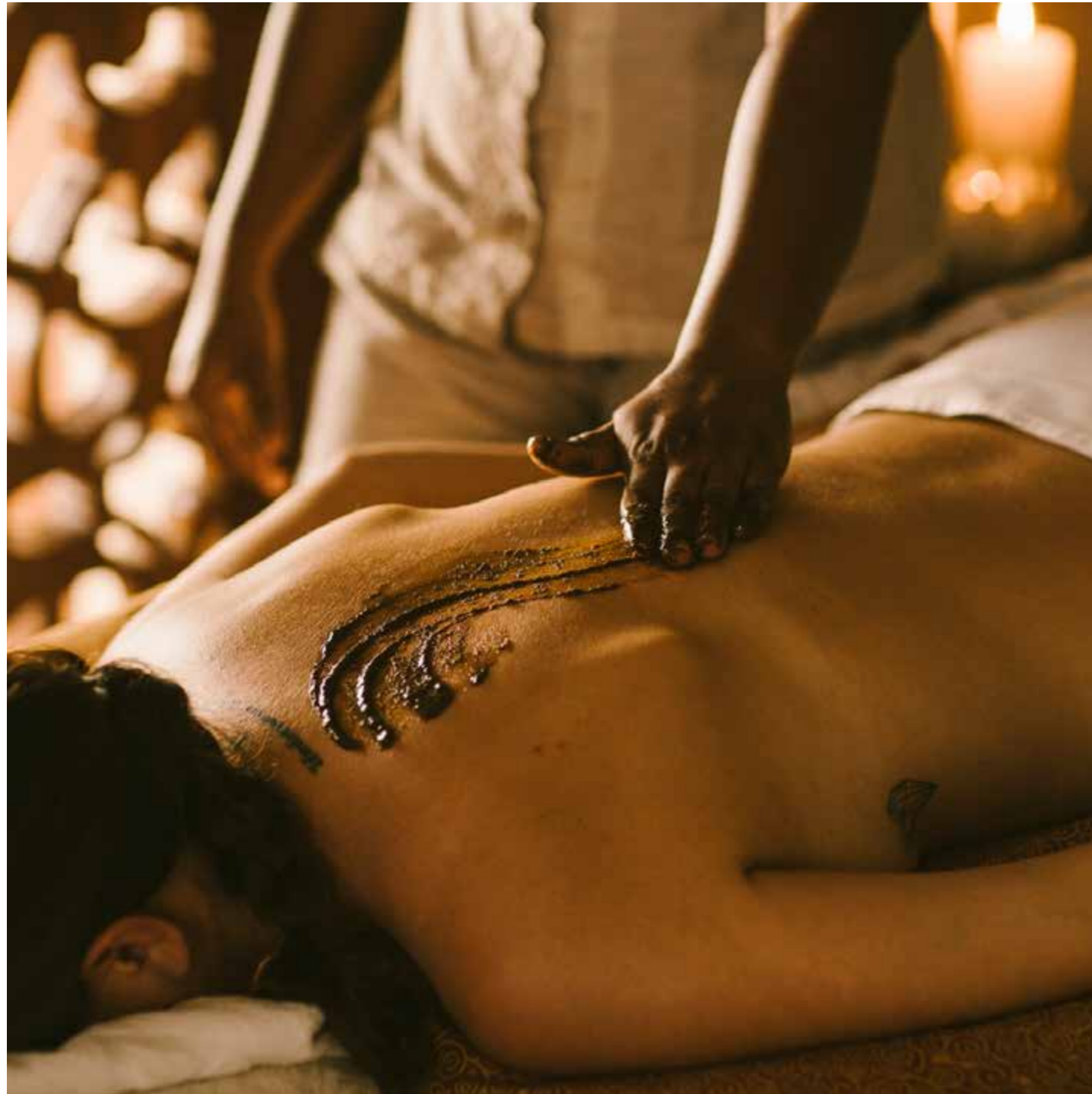
75 Minutes

The anti-oxidant properties of moringa are an ancient secret shared with you in our Moringa Anti Ageing Facial. Packed with essential phytonutrients and boasting natural anti-inflammatory benefits, this treatment is a harmonious combination of aromatherapy and herbalism.

### ACUPRESSURE FACIAL

75 Minutes

A relaxing facial treatment based on a specialized massage using selected pressure points on the shoulders, face and scalp designed to rejuvenate and revitalize a dull, lackluster complexion. While your skin soaks up the benefits of the face mask, your therapist shall perform a powerful reflexology treatment targeting detoxifying pressure points such as the lymph, lungs, liver, kidney, digestive systems. This speeds up the removal of excess toxins in the body, leaving the skin glowing with inner vitality.



## ADD-ON TREATMENTS

### BODY SCRUB

30 Minutes

This deeply cleansing salt scrub gently exfoliates and encourages cell regeneration for the smoothest and softest of skin.

### BODY WRAP

30 Minutes

Green tea and coconut extracts, rich in antioxidants, protect the body from free radicals associated with ageing, relieve muscle stiffness, promote relaxation and aid in detoxification.

### HEAD MASSAGE

30 Minutes

A soothing yet energising Ayurvedic massage using coconut oil and pressure-point techniques to relieve tension in the head and neck while restoring balance and tranquillity.

### BACK, NECK & SHOULDER MASSAGE

30 Minutes

Ideal for easing muscular tension after a long flight, this express massage boosts lymph and blood circulation to aid detoxification.

### SUN SALUTATION (PRE OR POST)

30 Minutes

Designed to get your skin in peak condition, so you can make the most of this beautiful, sun-kissed island. The post-sun treatment nourishes and soothes your skin, prolonging your radiant glow.





## AYURVEDA

Including a pre-treatment consultation with the resident Ayurvedic doctor.

### PINDA SWEDA

90 Minutes

Hot pouches are filled with medicinal herbs and are applied to the entire body, improving blood circulation and neuromuscular conditions, soothing joint pains, and restoring vitality.

### ABHYANGA

60 Minutes

A gentle full-body massage with warm herbal oil. Soothing and healing, your therapist will draw attention to the whole body from the feet up to the base of the head, stimulating through rhythm and pressure to achieve health and balance.

### PADA ABHYANGA

60 Minutes

A warm herbal oil massage focusing on your feet releases negative energy from the ten marmas located on the soles of your foot.

### SHIRODHARA

60 Minutes

A flowing stream of warm herbal oil is poured onto the forehead, enhancing circulation to the brain, improving memory and nourishing the hair and scalp.

### UDWARTHANAM

60 Minutes

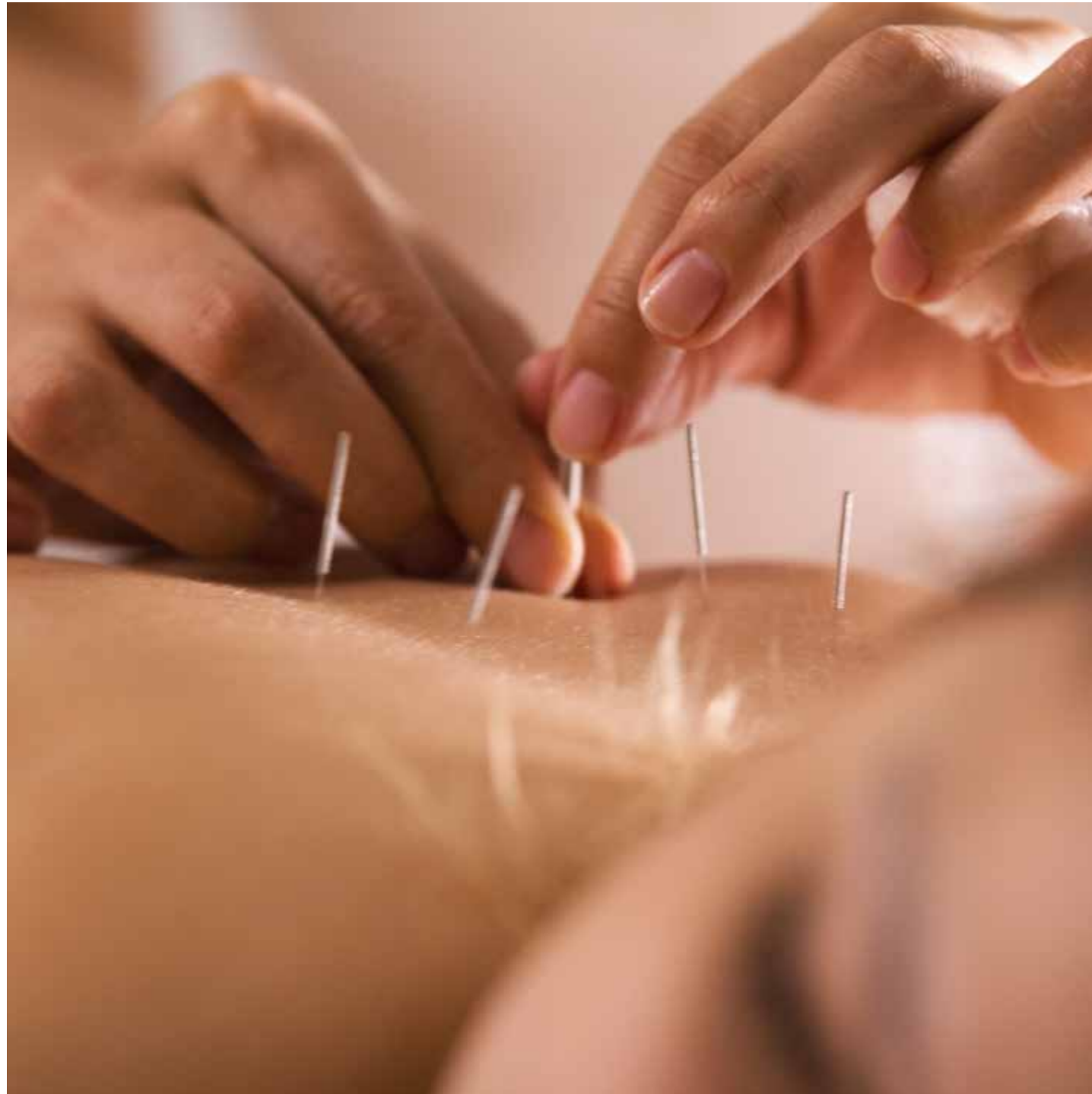
This dry massage using herbal powder acts as a natural scrub, removing dead skin cells and increasing circulation for a renewed appearance.

### LEPANA

60 Minutes

A detoxifying and deep cleansing wrap using indigenous herbs along with stress-relieving techniques on the pressure points of the body.





## ACUPUNCTURE

Including a pre-treatment consultation with the resident Ayurvedic doctor.

### WEIGHT LOSS

5 x 30 Minute Sessions

Stimulate your metabolism and digestive system.

To help burn body fat, a minimum of five sessions is recommended.

### PAIN RELIEF

3 x 30 Minute Sessions

Alleviate joint and muscle pain, headaches and backache by reducing localised inflammation.

### ANXIETY

3 x 30 Minute Sessions

Activate key points to rebalance the flow of energy in the body and induce a feeling of calm.

### QUIT SMOKING

5 x 30 Minute Sessions

Reduce cravings and increase your willpower to permanently banish addictions.

### MUSCLE STIFFNESS

3 x 30 Minute Sessions

Release any energy blockages and muscle tension after a long flight.

### HAIR LOSS

5 x 30 Minute Sessions

Slow down hair loss and encourage regrowth by stimulating blood circulation in the scalp and providing nutrients to the follicles.

### DISCLAIMER:

Acupuncture is a holistic treatment and individual results may vary. Please consult our Ayurvedic doctor before beginning any wellness, exercise or diet program.



## FAMILY SPA EXPERIENCES

### MOM & ME TIME OUT

60 Minutes

For your daughter:

Chocolate Body Treatment or Chocolate Oil Massage

For mom:

Stress-Release Massage

### DAD & ME TIME OUT

60 Minutes

For your son:

Chocolate Body Treatment or Chocolate Oil Massage

For dad:

Deep Tissue Massage

## JUNIOR SPA EXPERIENCES

For kids aged 8 – 13. Treatments can be customised for even younger guests. A parent or guardian must accompany children for any massage or body treatment.

### COCONUT HOT OIL SCALP MASSAGE

30 Minutes

### SOFT TOUCH BODY MASSAGE

30 Minutes

### FOOT MASSAGE

30 Minutes

### MINI MANICURE

30 Minutes

### MINI PEDICURE

30 Minutes



### BASTIEN MANICURE

45 Minutes

Cuticle and nail treatment, a natural beauty finish to the nail, and a thorough massage of the forearms, wrists, hands and fingers.

### BASTIEN PEDICURE

60 Minutes

A gentle buffing to restore the natural beauty of the nails, a skin treatment that effectively eliminates dryness, and a deeply relaxing toe-to-knee massage to relieve any tension and heaviness.

### NAIL BRIGHTNESS

45 Minutes

A foot treatment with nail reshaping and buffing, cuticle treatment, gentle exfoliation of the soles to remove dry skin and a relaxing foot massage.

### REFOUNDATION FOOT MASSAGE

35 Minutes

An exfoliation using black diamond scrub followed by a toe-to-knee massage to improve blood circulation and skin elasticity while reducing swelling.

### BASTIEN DUO

75 Minutes

This synchronised four-hand treatment focuses on the nails, hands, feet, legs and arms to deliver the ultimate in luxury and total relaxation.

### GLOBAL REFOUNDATION MASSAGE

35 Minutes

A four-hand massage of arms, hands, feet and legs to eliminate tension and heaviness while improving skin elasticity and providing optimum mobility.



## ADD-ON TREATMENTS

### PARAFFIN TOUCH

20 Minutes

For the ultimate in soft hands/feet. The warmth of this silky wax aids the penetration of moisturisers applied to the skin for deep hydration.

### BLACK DIAMOND SCRUB

20 Minutes

This luxurious foot scrub eliminates skin dryness, allowing moisturising essential oils to penetrate deeper, leaving the skin smooth and replenished.

### COLOUR TOUCH

15 Minutes

Select your preferred colour from our wide range of lacquers. This treatment includes nail reshaping.

### FRENCH TOUCH

20 Minutes

A white line is applied to the tip of the nail, followed by a natural soft pink lacquering of the whole nail. This treatment includes nail reshaping.



## SPA ETIQUETTE

- Please arrive at reception 15 minutes before your appointment to fill in your wellbeing assessment form. We regret that late arrivals will not receive an extension of treatment time.
- All treatments will be charged to your room and will appear on your account summary upon check-out.
- Please give us four hours' cancellation notice on individual treatments, and 24 hours' notice on spa packages. Without this notification, 50% of the total price will be charged to your account.
- We recommend that all your valuables and personal belongings be locked in the safety box provided in your room.
- For gentlemen, shaving is recommended before any facial treatments to ensure that maximum results are achieved.
- Guests who are pregnant or suffering from high blood pressure, heart conditions, allergies or any other medical complications are advised to consult a doctor before reserving any treatments. Please notify our spa receptionist if you have any existing medical conditions.
- We recommend that you refrain from sunbathing after an aromatherapy treatment.
- Anantara Spa is unsuitable for young children unless receiving spa treatments. Please note that children under the age of 16 undergoing treatments must be accompanied by a parent or guardian.
- Anantara Spa is a non-smoking facility and the use of mobile phones is not permitted. Our spa is also WiFi free as we encourage disconnecting from technology to rest your mind and to reconnect with yourself.
- Advanced reservations are highly recommended.  
If in-house, dial ext. 6500 between 9.00 am and 6.00 pm for enquiries  
or reservations. From outside, contact the resort at +94 34 222 0222 or [spa.akal@anantara.com](mailto:spa.akal@anantara.com).





ANANTARA

KALUTARA • RESORT



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