



LUANG PRABANG SPA JOURNEYS IN SERENITY



ANANTARA

SPA



Anantara Spa Luang Prabang

With holistic therapies that blend luxurious pampering and long-lasting benefits for the body, mind and soul, Anantara Spa at Avani+ Luang Prabang is an intimate haven of tranquillity for ultimate relaxation.



Anantara Signature

With Anantara Spas found around the world, and deep wells of local knowledge, we present the best of healing techniques perfected by our therapists and beloved by our guests.

ANANTARA SIGNATURE MASSAGE

90 minutes | USD 90

Revered eastern and western massage techniques, combined with a signature oil blend, stimulate the circulation, promote deep relaxation and restore energy flow for supreme wellbeing.

BESPOKE SPA EXPERIENCE

90 minutes | USD 90

Indulge in an exclusive spa journey, designed specifically for your needs and mood. Highlight the areas you wish to focus on or the benefits you would like to receive. Let us tailor the perfect 90 minute treatment for you.

CHAKRA BALANCING THERAPY

60 minutes | USD 65

Unwind into a purifying massage that promotes holistic wellbeing by releasing stress and tension both physically and emotionally, harmonising energy flow, stimulating blood circulation and the body's natural detoxification. While to coax you into a deep state of meditative relaxation, singing bowls are used to begin and conclude this ritual, with the soothing sounds beautifully enhancing the benefits of chakra balancing.

TRADITIONAL LAO MASSAGE

60 / 90 minutes | USD 55 / USD 75

An oil-free treatment performed over loose, comfortable clothing, this traditional massage uses a series of gentle stretches to enhance mobility, while rhythmic pressure-points stimulation eases tension, improves blood circulation and soothes tired muscles. Balance and general well-being restored, you emerge revitalised and renewed.

TRADITIONAL THAI MASSAGE

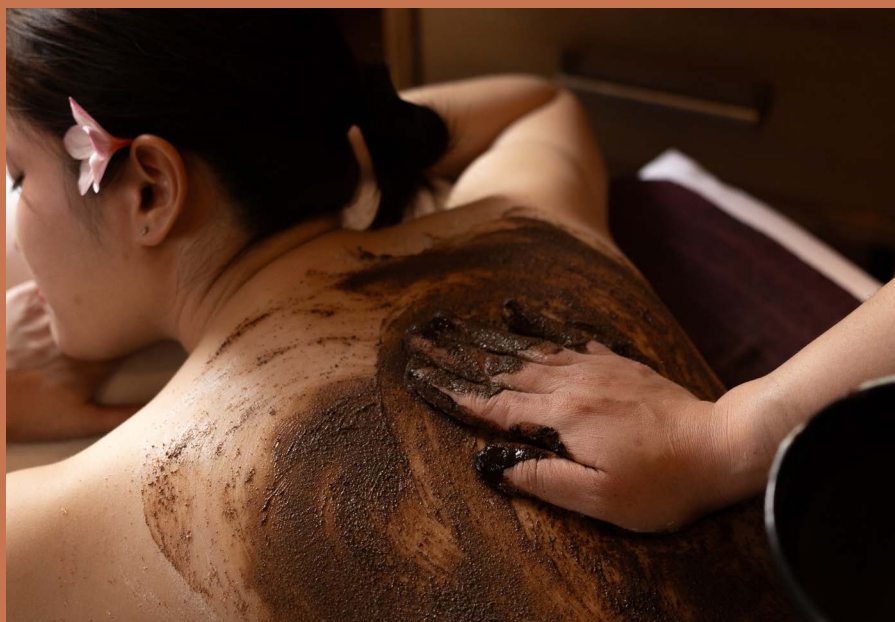
60 / 90 minutes | USD 60 / USD 80

This unique and exotic technique, passed down through generations, is known by many as 'Passive Yoga' and offers the ultimate body workout. Let our expert therapists take all the pressure away, while you enjoy a wealth of stretching, flexibility and vitality benefits.

FOOT MASSAGE

60 minutes | USD 50

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.



Body Treatments

Inspired by nature's finest elements, our body treatments gently renew the skin, restoring softness, radiance and wellbeing. Indulge in time-honoured rituals that nourish the body and uplift the spirit.

ESSENCE WHITE COCONUT MINT SCRUB

60 minutes | USD 55

Rich in vitamins and antioxidants, this exotic scrub gently sweeps away dead cells, smoothes and strengthens new skin. Moisturising, healing and protecting, skin is flawless and gloriously fragranced.

DETOXIFYING GREEN TEA SCRUB

60 minutes | USD 55

Indulge the senses and renew your entire body to a vibrant glow. Fine granules with potent antibacterial and detoxifying qualities polish and deep-cleanse skin to be healthier, smoother and softer.



HIMALAYAN THERMAL THERAPY

90 minutes | USD 90

Harnessing the ancient energy of the Himalayan Mountains, ethically sourced Himalayan salt stones aid natural detoxification with 84 minerals and trace elements. Unwind into a full body massage using oil and thermal Himalayan salt. Feel pampered by a facial that combines a cleanse and Himalayan salt massage with iced Rose Quartz Gua Sha crystals for muscle relaxation, a circulation boost and glowing skin. Crown this luxuriant experience with a rejuvenating Indian Head Massage that has a signature Anantara twist.

LAO HERB SCRUB AND STEAM

60 minutes | USD 60

An aromatic herbal cure combining a nourishing body scrub with soothing steam inhalation to enhance respiratory health, this traditional therapy harnesses the healing powers of rice grain, black sesame, plai, honey, and turmeric—each selected for their antioxidant, anti-inflammatory, and skin-resurfacing benefits.

Suitable for all skin types, this traditional therapy is especially beneficial for those exposed to environmental toxins and excessive sun. Thoroughly exfoliated and refreshed, your skin will glow with locked-in moisture, while the fresh aroma of herbs will calm the body and mind.



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.

RENEWAL

120 minutes | USD 105

Reclaim your sparkle and luminosity with a revitalising ritual that transforms inside-out. Smooth, renew and hydrate skin with Detoxifying Green Tea or White Coconut Mint exfoliation, then reawaken with a gentle massage that soothes away all tension and restores your vitality levels.

Herb Foot Ritual • Choice of Body Scrub • Stress Release Massage • Refreshment

HEALING

120 minutes | USD 110

Feel the world slow down as you breathe in the scent of the warm coconut oil and transcend to a peaceful state of mind under the therapist's skilled hands. Experience the healing power of the traditional Lao herb scrub and complete this healing journey with a tailored body massage designed to help you rediscover the elusive state of peace.

Herb Foot Ritual • Scalp Massage with Warm Coconut Oil • Lao Herb Scrub • Choice of Body Massage • Refreshment



Wellness Programmes

We believe that good health lies at the heart of long-lasting vitality and radiance. Our wellness programs are crafted to meet your health needs and overall goals.



MINDFULNESS AND DE-STRESS

Half-Day | USD 150

Today's fast-paced lifestyle causes stress in both mind and body, resulting in muscular tension and aching, poor digestion, insomnia and a host of other afflictions. Slow down, reset, find equilibrium in your daily life and journey back to inner peace and wellbeing.

Stress Release Massage • Chakra Balancing Therapy • Herbal Steam Inhalation • Temple Visit • Guided Meditation with a Buddhist Monk



FIT AND CLEANSE

Half-Day | USD 230

Feel better from the inside out as we assist you in adopting a healthy routine. Paired with outdoor fitness and personal training, you will leave feeling energised and empowered to continue your transformation back home.

Healthy Cuisine • Morning Hike • Personal Training • Detox Body Scrub • Detox Massage

Massages

Soothe your senses and restore balance with our curated selection of massages. Each therapy blends ancient wisdom with modern techniques, tailored to melt away tension and promote deep relaxation, vitality, and inner harmony.

STRESS RELEASE MASSAGE

60 / 90 minutes | USD 60 / USD 80

This gentle massage offers the ultimate stress-release tonic to completely relax the mind and body. Unwind as skilled hands perform a combination of strokes and classical movements, with your choice of signature aromatherapy oil.

DEEP TISSUE MASSAGE

60 / 90 minutes | USD 60 / USD 80

Benefit from a vigorous yet relaxing massage that works deeply into the muscles to stretch fibres and release tension, resulting in improved mobility and flexibility, relief from sore or pulled muscles and the restoration of healthy circulation.

THAI HERBAL COMPRESS MASSAGE

60 / 90 minutes | USD 60 / USD 80

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.



Facial Treatments

Reveal your skin's natural glow with our rejuvenating facial rituals. Combining ancient wisdom with modern techniques, each treatment is thoughtfully crafted to restore balance, promote radiance, and leave you feeling refreshed from within.

ANANTARA SIGNATURE FACIAL

60 minutes | USD 70

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. Let our herbal mask restore the natural balance of your skin.

AROMA JADE GUA SHA FACIAL

90 minutes | USD 90

Achieve firmer skin and enter a state of bliss with a facial combining nourishing plant extracts, traditional Thai ingredients and the ancient Gua Sha technique that uses a rounded tool made of jade to relax the muscles, get the energy and blood moving and shift any puffiness. By boosting the circulation, Gua Sha takes away toxins and brings in oxygen and nutrients for supple, radiant skin.



NAIL TREATMENTS

Classic Manicure or Classic Pedicure | USD 45

Classic Manicure and Pedicure | USD 80

Pamper your hands and feet with our classic nail care rituals. Choose from a Classic Manicure or Classic Pedicure (60 minutes each), or indulge in the ultimate grooming experience with our Classic Manicure and Pedicure (100 minutes). Each treatment includes shaping, cuticle care, gentle exfoliation, and a relaxing massage, leaving your nails beautifully polished and perfectly refreshed.

Spa Etiquette

- Please arrive 15 minutes prior to your appointment time in order to complete a health assessment form and relax before your treatments.
- Please note that spa is unsuitable for small children and babies, unless receiving treatment, as we try to ensure that all our guests benefit from the tranquil atmosphere.
- We recommend that you leave all jewelry 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.
- Please give four 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 any oil treatments.
- For men – please shave prior to all facial treatment to ensure that maximum results are achieved.
- Smoking and the use of mobile phones are 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 the spa receptionist of any existing medical conditions.

