



IMMERSED IN SERENITY.



WELCOME TO ANANTARA SPA

Rooted in Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins, and is beautifully expressed at Anantara Spa at Avani+ Luang Prabang.

At our resort, immersed in Luang Prabang's charms and retreat to Anantara Spa for rejuvenation. Luxuriate in signature treatments that infuse aromatic Thai herbs and renew vital energy through timeless Thai techniques. Experience trusted therapies from across Asia, as well as results-driven western treatments. Surrender to our time-honoured beliefs, world-class expertise and intuitive healing touch, as you indulge in tailored journeys for serene beauty and wellbeing.

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



SIGNATURE EXPERIENCES

Drawing on Anantara Spa's world-class expertise, the finest indigenous wellness traditions and unique holistic therapies, our collection of highly specialist rituals blend luxurious pampering with powerful long-lasting benefits for body, mind, and soul.

ANANTARA SIGNATURE MASSAGE

(90 minutes)

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

BESPOKE SPA EXPERIENCE

(90 minutes)

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.





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.

DAWN RENEWAL

(120 minutes)

Rise to a ritual of revitalising therapies. Smooth, renew and hydrate the skin with your favourite body scrub. Reawaken with a gentle massage that soothes away all tension.

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

DUSK RELAXATION

(120 minutes)

Heed your body's calling for the attention it needs the most, with a journey designed to pamper skin and ease tension. Treat yourself to full rejuvenation with a choice of two treatments including a body scrub, body massage or facial treatment.

Floral Foot Ritual • Choice of Body Scrub, Body Massage or Facial Treatment • Refreshment



BALANCE WELLNESS

HIMALAYAN THERMAL THERAPY

(90 minutes)

Harnessing the ancient energy of the Himalayan Mountains, artisan hand-carved Himalayan salt stones are used to dissolve mental and physical tension. These ethically sourced stones reintroduce 84 minerals and trace elements to the body, inducing the ultimate state of equilibrium while encouraging the body's natural detoxification.

As you transcend into a state of total relaxation, a facial massage using iced Rose Quartz Gua Sha crystals relieves muscle tension, stimulates circulation, to leave skin with an eternal glow. This full-body ritual is crowned with a rejuvenating head massage, which focuses on Marma points to destress the nervous system and refresh the mind.



MASSAGES

STRESS RELEASE MESSAGE

(60/90 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 wonderful stress release tonic to completely relax the mind and body.

DEEP TISSUE MASSAGE

(60/90 minutes)

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)

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)

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)

Experience holistic balance and deep relaxation along with physical and spiritual renewal. Dedicated thumb, finger and hand techniques are applied to reflex points on the feet effectively stimulating corresponding organ groups of the upper body.

BODY SCRUBS

ESSENCE WHITE COCONUT MINT 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.

DETOXIFYING GREEN TEA SCRUB

(60 minutes)

Purify, nourish and refresh skin with the therapeutic properties of a soothing green tea polish.





FACIAL TREATMENT

ANANTARA SIGNATURE FACIAL

(60 minutes)

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to treat and revitalise your skin. Delicate blends of jasmine oil, white orchid extract, green tea, pandan leaf and pink lotus encourage cell renewal and oxygenation. A gentle massage induces deep relaxation, while a herbal mask restores the natural balance of your skin.

NAILS

Cleanse, shape, buff and hydrate. Followed by a perfect paint finish



SPA ETIQUETTE

- Please arrive 15 minutes before your appointment time to complete a health assessment form and relax before your treatment.
- Anantara Spa is unsuitable for small children and babies. We try to ensure that all guests benefit from the tranquil atmosphere.
- We recommend 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 upon check-out.
- Please give four hours' cancellation notice on individual treatments and 24 hours' notice on packages, otherwise, 50% of the price maybe charged to your account.
- We recommend that you do not sunbathe after any oil treatments.
- For men – please shave before all facial treatment 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 duration of your treatment.
- Guests who have high blood pressure, heart conditions, allergies, are pregnant or have any other medical complications, are advised to consult a doctor before booking any treatments.
- Please notify the spa receptionist of any existing medical conditions.







ANANTARA SPA AT AVANI+ LUANG PRABANG
Setthathirath Road, Hua Xieng Village, Luang Prabang 06000 Laos
T +856 71 262333 | E spa.vlua@avanihotels.com
avanihotels.com



TREATMENT PRICE LIST

Treatment	Time (MINS)	Price (USD)
SIGNATURE EXPERIENCES		
Anantara Signature Massage	90	90
Bespoke Spa Experience	90	90
SPA JOURNEYS		
Dawn Renewal	120	100
Dusk Relaxation	120	100
BALANCE WELLNESS		
Himalayan Thermal Therapy	90	90
MASSAGES		
Stress Release Massage	60/90	60/80
Deep Tissue Massage	60/90	60/80
Thai Herbal Compress Massage	60/90	60/80
Traditional Thai Massage	60/90	60/80
Foot Massage	60	60



TREATMENT PRICE LIST

Treatment	Time (MINS)	Price (USD)
BODY SCRUBS		
Essence White Coconut Mint Scrub	60	50
Detoxifying Green Tea Scrub	60	50
FACIAL TREATMENT		
Anantara Signature Facial	60	60
NAILS		
Classic Manicure	60	45
Classic Pedicure	60	45
Classic Manicure & Pedicure	100	80

All prices are in USD and are subject to 10% service charge and 10% government tax.

Prices are subject to change without prior notice.

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