



ANANTARA

SPA

IMMERSED IN SERENITY



## SPA ETIQUETTE

- Please arrive 15 minutes prior to your appointment time in order to complete a health assessment from 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.
- Guest 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.



## 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 the 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.

### **CHAKRA BALANCING THERAPY** *(60 minutes)*

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)*

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)

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. 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**

### **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, skin is flawless and gloriously fragranced.

### **DETOXIFYING GREEN TEA SCRUB** (60 minutes)

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.



## **LAO HERB SCRUB AND STEAM** (60 minutes)

An aromatic herbal cure combining body scrub and steam inhalation for better respiratory health, the therapy harnesses the healing powers of rice grain, black sesame, plai, honey and turmeric 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.

## **HIMALAYAN THERMAL THERAPY** (90 minutes)

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.



## 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)

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)

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 & DE-STRESS

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 & CLEANSE

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 • Himalayan Thermal Therapy*

# MASSAGES

## STRESS RELEASE MASSAGE (60/90 minutes)

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)

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.





## FACIAL TREATMENTS

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

### **AROMA JADE GUA SHA FACIAL** (90 minutes)

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** (60 minutes)

### **CLASSIC PEDICURE** (60 minutes)

### **CLASSIC MANICURE AND PEDICURE** (100 minutes)







## TREATMENT PRICE LIST

Treatment	Time (MINS)	Price (USD)
<b>SIGNATURE EXPERIENCES</b>		
Anantara Signature Massage	90	90
Bespoke Spa Experience	90	90
Chakra Balancing Therapy	60	65
Traditional Lao Massage	60/90	55/75
Lao Herb Scrub and Steam	60	60
Himalayan Thermal Therapy	90	90
<b>SPA JOURNEY</b>		
Renewal	120	105
Healing	120	110
<b>WELLNESS PROGRAMMES</b>		
Mindfulness & De-stress		150
Fit & Cleanse		230
<b>MASSAGES</b>		
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	50





## TREATMENT PRICE LIST

Treatment	Time (MINS)	Price (USD)
<b>BODY SCRUBS</b>		
Essence White Coconut Mint Scrub	60	55
Detoxifying Green Tea Scrub	60	55
<b>FACIAL TREATMENT</b>		
Anantara Signature Facial	60	70
Aroma Jade Gua Sha Facial	90	90
<b>NAILS</b>		
Classic Manicure	60	45
Classic Pedicure	60	45
Classic Manicure & Pedicure	100	80

All prices are in US Dollars and are inclusive of service charge and government tax.

Prices are subject to change without prior notice.

### **ANANTARA SPA AT AVANI+ LUANG PRABANG**

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