



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

Drawing on Anantara Spa's world-class expertise, the finest Sri Lankan 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.

### HIMALAYAN THERMAL THERAPY

90 Minutes

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

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

### KALUTARA KING COCONUT DELIGHT

120 Minutes

Hydrating, healing and richly moisturizing, the golden-hued king coconut is indigenous to Sri Lanka and a treasured natural resource. Experience a tropical spa journey that starts with a king coconut scrub to renew, hydrate and soften your skin. Your journey concludes with our signature king coconut massage to induce blissful relaxation and a fresh naturally mineral-rich king coconut drink.

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

### KALUTARA TEA JOURNEY

180 Minutes

Purify and enliven your skin with our curated green tea spa journey, inspired by Ceylon's fine tea heritage. Powerful antioxidants are released by a purifying green tea body scrub, cocooned in a nutrient-rich wrap using green tea mask to encourage super skin health and detoxification followed with an outdoor tea bath soak. Conclude with a body massage with aromatic essential oil and revel in your reinvigorated equilibrium and a feeling of wellbeing.

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



# MASSAGES

Anantara's relaxing, therapeutic, stress-relieving massages use gentle, authentic, traditional techniques inspired by the Arabian Bedouin tradition of heartfelt hospitality, combined with infusions of exotic, rare ingredients to lead you on a path to relaxation and eliminate the tensions of everyday life.

## ANANTARA SIGNATURE MASSAGE

90 Minutes

Combining revered Eastern and Western techniques with Anantara's expertise, purpose designed movements and a signature oil blend stimulate the circulation and deeply relax muscles, while reflexology clears energy blockages to promote overall wellbeing.

## STRESS RELEASE MASSAGE

60/90 Minutes

Using a combination of strokes and acupressure techniques, along with the signature aromatherapy oil blend of your choice, this gentle massage offers a wonderful stress release tonic to completely relax the mind and body.

## TRADITIONAL THAI MASSAGE

60/90 Minutes

Also known as passive yoga, this ancestral therapy has been passed down through generations. Enjoy the benefits of a workout without moving a finger, just let your therapist do the work. By using pressure point and stretching techniques, tension is released, flexibility is boosted, and vitality increased.

## DEEP MUSCLE 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.

## AROMA HOTSTONE MASSAGE

60/90 Minutes

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

## PEACEFUL PREGNANCY MASSAGE

60/90 Minutes

A massage where the therapist uses tried and tested techniques, which are adapted to each stage of pregnancy. The massage helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet, while easing the mind and uplifting the spirit.







## COUPLES' QUALITY TIME

Create captivating shared memories as you relax together with a series of wonderfully soothing and rejuvenating treatments that promote deep relaxation, detoxify and cleanse your body.

### PRIVATE TIME FOR TWO

90 Minutes

Unwind in harmony with a loved one, relishing the indulgence of side by side treatments. Celebrate femininity with beautiful pampering and enhance the essence of masculinity with powerful rituals.

Anantara Foot Ritual

- Choice of 90 minute massage – Refreshments

### COUPLES RETREAT

120 Minutes

This ultimate 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 • Choice of any 2 hour bespoke body treatment combination – Refreshments

### SRI LANKAN ROMANCE

180 Minutes

Share this intimate spa retreat with a loved one through a series of exotic treatments. Revitalize with the extraordinary cleansing power of salt that exfoliates as it releases toxins during this body polish treatment.

Luxuriate in our Ceylon Tea or Milky Bath to share with one another a relaxing moment. Enjoy a bespoke massage that focuses on your individual needs before a customized facial treatment that will leave you both glowing from head to toe.

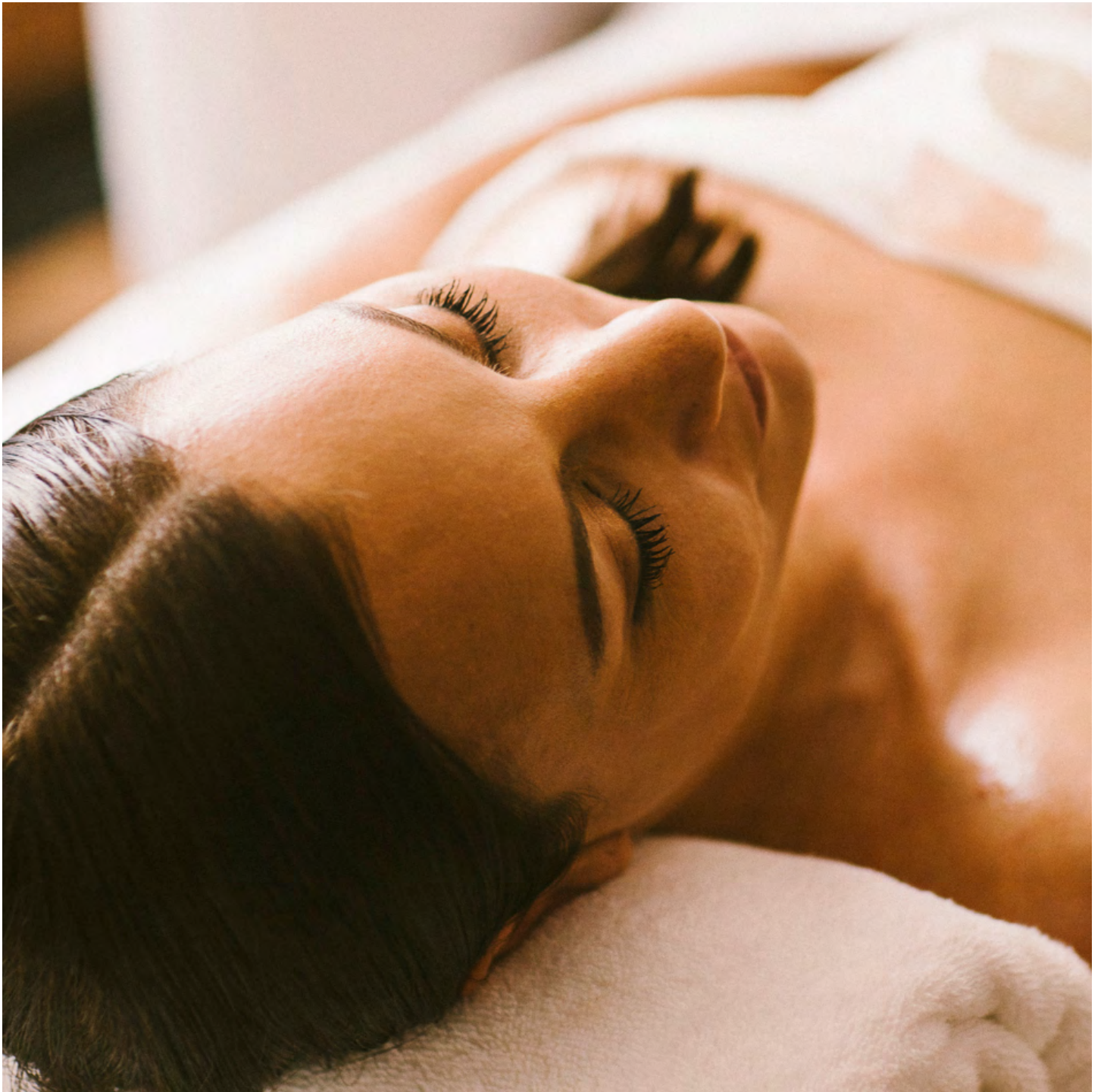
Anantara Foot Ritual • Full body Sri Lankan Scrub • Ceylon Tea Bath • Abyanga Massage • Ayurveda Radiance Facial • Refreshment

### IN-ROOM SLUMBER GURU EXPERIENCE

70 Minutes

Take the importance of a good night's rest to a whole new level with our in-room ritual with your choice of soothing music throughout the evening. Begin with a soak in a luxuriant bath infused with essential oils in your candlelit bathroom. Unwind into a relaxing massage using ylang-ylang or lavender essential oils, enjoy a warm beverage, served with a homemade sweet treat. Slip into your bed dressed in luxurious sheets fragranced with a heavenly mist, accompanied by a silk or cool gel-filled eye mask and ear plugs. Drift away to the land of nod in blissful pleasure where sweet dreams await.

Aromatic Bath Ritual • Relaxing Back, Neck and Shoulder Massage • Refreshment • Special Sleep Amenities





# FACIALS

Find radiance and revitalization from deep within. Our experts combine traditional holistic techniques with the most natural products available to create the perfect bespoke facial treatment for you.

## AROMATHERAPY FACIAL

60 Minutes

Depending on your type of skin, our therapist will carefully select for you the perfect combination between essential oils, vitamins, antioxidants and clay known for their detoxifying, antiseptic, tonic and balancing properties. These natural ingredients are of great value in driving away tensions and toxins and removing acid excess from the skin - maintaining and enhancing its youthful health and beauty.

## MORINGA ANTI AGEING FACIAL

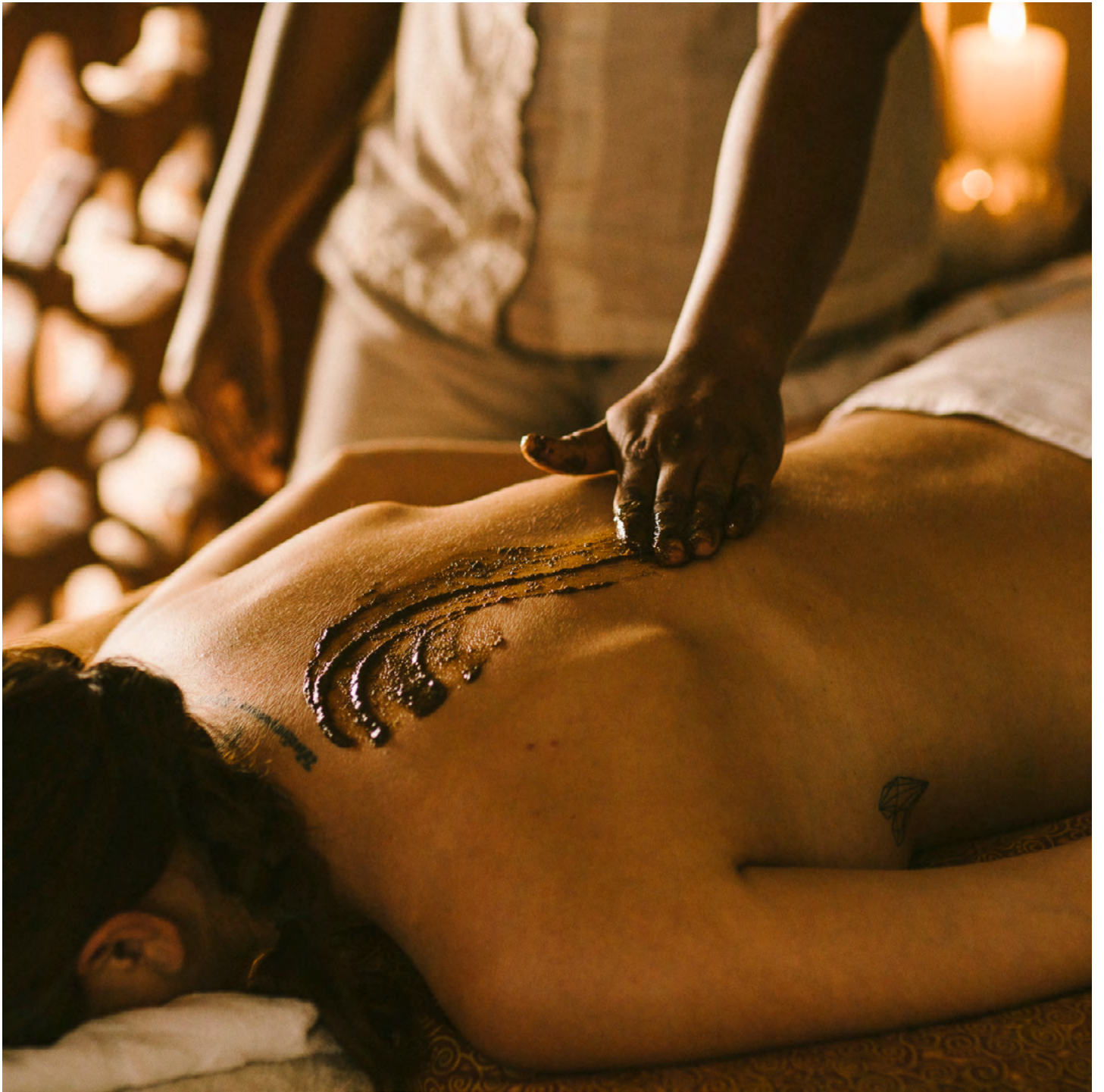
75 Minutes

This unique facial is designed using the art of aromatherapy and herbalism. Cleansing and rejuvenating plant essences, vitamins and organic Moringa extract invigorate and refresh the skin improving texture and restoring Suppleness and Elasticity.

## ACUPRESSURE FACIAL

75 Minutes

An amazingly relaxing facial treatment including a specialized massage using selected pressure points on the shoulders, face and scalp, effectively rejuvenates and revitalizes the skin leaving a healthy glow. While the face mask takes its effect, a reflexology treatment is carried out working on the detoxifying pressure points such as the lymph, lungs, liver, kidney, digestive systems which speeds the removal of excess toxins leaving the skin glowing with inner vitality.





## ADDITIONAL TOUCHES (30 Minutes)

These treatments can be booked as add-on treatments only and may not be booked individually.

### HEAD MASSAGE

Based on Ayurvedic principles, this soothing yet energizing massage combines pressure point techniques and coconut oil to relieve tension in the head and neck. While restoring balance and tranquility, this massage also helps to relieve insomnia, chronic headaches, migraines and sinusitis.

### BACK, NECK & SHOULDER MASSAGE

Ideal to ease stress and muscular tension in the back area after a long flight. It will also help to improve circulation, muscle tone and boosting lymph and blood circulation to aid detoxification.

### BODY SCRUB

This deeply cleansing salt scrub gently exfoliates dead skin cells to encourage cell regeneration for the smoothest and softest skin, ready to absorb the deeply nourishing body oil application.

### BODY WRAP

Green tea & coconut extracts are naturally rich in antioxidants, which help protect the body from free radicals – naturally occurring particles in the body associated with accelerated ageing and an increased risk of major diseases. It also helps to relieve muscle stiffness and joint soreness, promote relaxation and aid in detoxification.

### SUN SALUTATION (PREP AND/OR POST)

The prep treatment is designed to get your skin in peak condition, so you can make most of this beautiful sun-kissed island.

The post-sun treatment nourishes and soothes your skin, prolonging your radiant glow.





# AYURVEDIC WELLNESS EXPERIENCES

Experience holistic wellbeing through the 5,000-year-old science of Ayurveda. Originating from India, this time-honored ancient system promotes health and wellness by creating balance between body, mind and soul. Practiced for thousands of years, Sri Lanka's medical traditions stem from Ayurveda and are now rooted in modern spa wellness, offering radiance that shines from the inside out.

Please note that all Ayurvedic treatments are to be conducted after a doctor's consultation.

## PINDA SWEDA

90 Minutes

Hot pouches are filled with medicinal herbs and applied to the entire body, opening channels for herbal benefits to be easily absorbed into the underlying tissues. This encourages improved blood circulation and neuromuscular conditions, soothes joint pains and restores a feeling of vitality throughout the whole body.

## ABHYANGA

60 Minutes

Experience a gentle form of Ayurvedic medicine with this 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

Experience a gentle form of Ayurvedic medicine with this warm herbal oil focusing on your feet. (Pada means feet). 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 optimum health and balance.

## SHIRODHARA

60 Minutes

The Sanskrit words, 'shiro' (head) and 'dhara' (flow), come together through a continuous flow stream of lukewarm herbal oil onto the forehead in this restorative therapy. This treatment calms the mind, body and spirit, enhances circulation to the brain, improves memory and relieves stress and tension symptoms, while nourishing the hair and scalp.

Following the healing traditional Ayurveda, the Shirodhara treatment is recommended only in the morning hours.

## UDWARTHANAM

60 Minutes

This dry massage using herbal powder acts as a natural scrub, which increases overall circulation to the skin and removes dead cells, resulting in a renewed appearance.

## LEPANA

60 Minutes

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





# ACUPUNCTURE

Ancient wisdom and contemporary diagnostics meet. Explore alternative healing therapies to harmonies the balance of 'yin' and 'yang'. Acupuncture practice is based on balancing the flow of energy or life force in the body. Techniques involve activating key points in the body using needles and has the power to treat a host of ailments. The treatment is performed by our Ayurvedic Doctor after an extensive consultation.

Non-exhaustive examples of ailments Acupuncture was proven to be helpful and effective:

- Weight loss program (min. 3 sessions): Acupuncture helps stimulate the metabolism and our physiological digestion functions. To help burn body fat, a minimum of 5 sessions is necessary.
- Anxiety (min. 3 sessions): Acupuncture has a calming effect on overly stressed people.
- Muscle stiffness (min. 3 sessions): Acupuncture releases our stiff muscles of tension after a long flight.
- Pain relief (min. 3 sessions): Acupuncture alleviates joints pain, muscles pain, headaches, back pains by reducing affected areas' inflammation.
- Tobacco craving (min. 5 sessions).
- Hair loss (min. 5 sessions): By stimulating blood-circulation on the scalp area and providing nutrients to the hair follicles, Acupuncture can prevent hair loss.

Each package consists of:

- 30 min consultation.
- 3 or 5 sessions of 30 min treatments (depending on our Doctor's recommendation and outcome desired).





## FAMILY SPA EXPERIENCES

Pampering fun for parents and youngsters to spend time together with our special packages.

### MUM & ME PAMPERING

60 Minutes

For Daughter :-

Chocolate Body Treatment or Chocolate Oil Massage.

For Mom -

Stress Release Massage.

### DAD & ME TIME OUT

60 Minutes

For Son :-

Chocolate Body Treatment or Chocolate Oil Massage.

For Dad :-

Deep Tissue Massage.

## JUNIOR SPA

At Anantara Spa, we love to pamper little ones and teens with special treatments just for them.

Spa experiences can be customized for younger ones aged 7 years and under. Adult prices apply for teens aged 14 years and above. A parent or guardian is required to accompany children under the age of 16 for any massage or body treatment.

### COCONUT HOT OIL SCALP MASSAGE

30 Minutes

### BODY SOFT TOUCH

30 Minutes

### FOOT MASSAGE

30 Minutes

### MINI MANICURE

30 Minutes

### MINI PEDICURE

30 Minutes

## PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ

Bastien Gonzalez is internationally renowned for his unique approach to foot treatments. Drawing on extensive professional expertise and experience as a French Podiatrist, he has designed and developed a selection of exclusive treatments for feet, nails and hands, the uniqueness of which lies in their fusion of well-being and beauty. Bastien select and trains every member of his team to his treatment protocols and standards, ensuring the excellence of his know-how all over the world.



### TREATMENTS

#### BASTIEN MANICURE

45 Minutes

An outstanding manicure following three steps: cuticle and nail treatment, a natural beauty finish to the nail and a thorough massage of the forearms, wrists, hands, and finger.

#### BASTIEN PEDICURE

60 Minutes

A comprehensive dry pedicure, with gentle buffing to restore the natural beauty of the nails, revealing healthy, shiny nails without lacquer; a skin treatment that effectively eliminates irregularities and dryness; a deeply relaxing massage from the toes to the knees to relieve any tension and heaviness.

#### BASTIEN DUO

75 Minutes

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

#### NAIL BRIGHTNESS

45 Minutes

A foot treatment focusing on the beauty of nails, cuticles and the light smoothing of dryness from the soles of the feet. Nails are reshaped and buffed with chamois leather and a pearly buffing cream to reveal healthy, shiny and naturally beautiful nails. The treatment ends with a relaxing foot massage.



## REFOUNDATION FOOT MASSAGE

35 Minutes

Designed to restore well-being to feet and legs. This truly relaxing massage from the toes up to the knees focus on reducing muscle tension and improving joint mobility, blood circulation, skin elasticity and the swollen soles of your feet. The preliminary exfoliation performed with the Black Diamond Scrub assists for the absorption of the cream used during the massage.

## GLOBAL REFOUNDATION MASSAGE

35 Minutes

This includes a deeply relaxing synchronized four-hands foot treatment that includes a leg and arm massage to eliminate tension and heaviness while improving skin elasticity and providing optimum mobility. This indulgent treatment ensures both feet and hands feel rejuvenated as two therapists work in perfect harmony.

## SPECIAL ADD-ON

### PARAFFIN TOUCH

20 Minutes

Intensify your Bastien's manicure and/or pedicure with this supplementary treatment addition. The warmth of this silky wax aids the penetration of moisturizers applied to the skin for deep hydration while also helping to ease tension in the joints and muscles.

### COLOUR TOUCH

15 Minutes

Select your preferred color 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.

### BLACK DIAMOND SCRUB

20 Minutes

This luxurious foot scrub helps to eliminate skin dryness allowing for the moisturizing essential oils to penetrate deeper, leaving the skin smooth and replenished.



## SPA ETIQUETTE

- Please arrive at Anantara Spa Reception Desk 15 minutes prior to your appointment in order to complete your wellbeing assessment form. We regret that late arrivals will not receive an extension of scheduled treatment time.
- Anantara Spa is unsuitable for infants and young children, unless receiving treatment, as a courtesy to other guests in the spa's calm and peaceful space.
- We recommend that all your valuables and personal belongings be locked in the safety box provided in your room.
- All treatments will be charged to your room and will appear on your account summary upon check-out.
- Please give us a 4-hour cancellation notice on individual treatments and a 24-hour notice on spa packages as a courtesy to other guests and our therapists. Without this notification, 50% of the total price will be charged to your account.
- We recommend that you refrain from sunbathing after an aromatherapy treatment.
- For gentlemen, shaving is recommended prior to any facial treatments to ensure that maximum results are achieved.
- Anantara Spa is a non-smoking facility and the use of mobile phones is not permitted at the spa. Take time to relax in our tranquil surroundings before and after your treatment.
- 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.
- Our spa is Wi-Fi free as we encourage disconnecting from technology to rest your mind and to reconnect with yourself.
- Advanced reservations are highly recommended to avoid disappointment. If in-house, touch 6500 between 10.00 am - 8.00 pm for enquiries or reservations. You may also call Anantara Kalutara Resort at +94 34 222 0222 or email [spa.akal@anantara.com](mailto:spa.akal@anantara.com) for advanced reservations.







ANANTARA

KALUTARA • RESORT



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